The pride of North Carolina's electric cooperatives

Volume 39, No. 8, August 2007

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Lessons Learned

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INSIDE:

All-time favorite classroom pranks

How to apply to college

A Bright Idea for teaching ABCs

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How you can buy renewable energy for North Carolina—page 10

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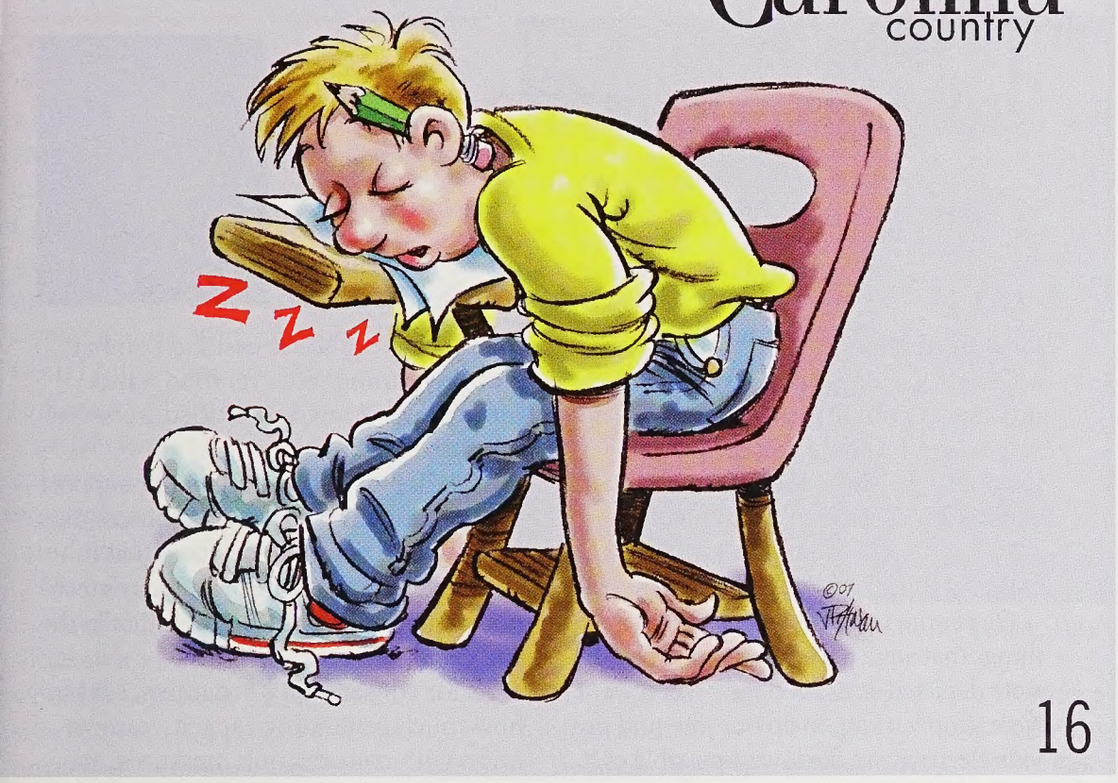

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

Believe in balance

By Sheldon Petersen

Remember the 1970s and 1980s? It was a time of low economic growth and inflation. Remember "stagflation"? Oil prices shot up twice due to war and instability in the Middle East. Our fuel generation costs skyrocketed and interest rates went through the roof. We were forced to raise electric rates.

Our entire industry took blame for things that were beyond our control. We were depicted as the bad guys when we were simply trying to do our jobs and provide electricity at the lowest possible cost.

The lesson from that period is clear: Be bold in your communication efforts. Be crystal clear about the cost of environmental mandates. We owe it to our member-consumers.

Cooperatives today should consider implementing individual environmental strategies that are tailored to our local situations. Andrew Winston, in his new book, "Green to Gold," says that just as a business develops a financial plan, a communication plan or an engineering work plan, it should also have an environmental plan backed up by specific action items.

According to the National Rural Electric Cooperative Association, 88 percent of electric co-ops offer members some form of renewable power. Co-ops also have effective load control programs, and energy conservation and efficiency programs. And an increasing number of co-ops are investing in renewable energy—often through the Clean Renewable Energy Bonds, which can be issued by CFC.

There really is no conflict between serving our co-op members and implementing cost-effective conservation, renewable and other environmentally positive programs. As electric co-ops, conservation is good for our members—and doing what is best for them is our only mission.

Today, though, we seem to face issues that too often have opposing solutions. For example, many politicians and members of the public want utilities to reduce greenhouse gases to combat global warming. Yet, everyone wants more power from domestic sources—at rates that never rise.

There seems to be strong public support for electricity from renewable sources. Yet many people do not understand that it costs substantially more, with today's technology, to produce green power that in the end can be less reliable.

As for conservation programs, exactly how much generating capacity can we forgo with conservation measures? We don't really know at this point, but we need to know. It takes years to plan, site and build new plants, as well as arrange the financing.

Will there be a federal mandate to generate electricity from renewable energy sources? We do know that a number of states have already passed renewable energy requirements, and some of them are extremely ambitious. Some states prohibit the construction of new coal-fired plants, or even the purchase of electricity from coal-fired plants located out-of-state.

Others have said it and so will I: "There is no magic bullet" that will address all of the issues that we face. Meeting and solving the issues before us will require a balanced, workable approach.

As cooperatives, we are not driven by the profit motive. We exist to serve our members, to provide affordable, reliable electricity at the lowest possible price. We take pride in what we do, and we lead by example for other businesses and for our nation. We are the good guys. We are part of an effective solution to our nation's complex energy and environmental challenges.

Sheldon Petersen is governor and CEO of the National Rural Utilities Cooperative Finance Corporation (CFC), a member-owned financial institution formed in 1969 that provides financial products to approximately 1,050 electric cooperative members. This is an excerpt from remarks he delivered in June to the annual CFC Forum in Chicago.

Corn Day

When my brother, sisters and I were young, our parents would go to the cornfield and pull corn, bring it to the house and dump it. We knew it was Corn Day. The mound of corn was so high it looked like Mt. Mitchell to us. We would work all day shucking, cleaning and cutting the corn. People would ride by and stop to talk, and some would help us. It was a gathering, a social event, a time of laughter and fellowship. We did not realize what an impression was being developed in our minds and in our hearts.

On one Corn Day several years ago my mother and I pulled the corn and shucked it as we pulled it so there would be less clean up later. Well, shucked corn in a wheelbarrow and buckets did not look like much, so we kept pulling until we had a Mt. Mitchell pile again. Before we knew it we had enough corn for the entire neighborhood. We laughed, we worked, and we got frustrated. How in the world were my mother and I going to get this corn done? People did not stop by as they did years before. We knew it was going to be us and all that corn.

We were getting worried when my brother, Timmy, showed up and started to help. Just when he thought we were almost done, I unveiled two more piles. Timmy had thought they were cobs waiting to be hauled off. Needless to say, he said a few words, laughed, worked and got frustrated with us.

"This is a day we'll never forget," said my mother, Lucy Grant (at the table). She was right.

"This is a day we'll never forget," Mother said.

Two years ago, Mother had several surgeries and had a lengthy treatment ahead of her, and she seemed "down." My nephew, Danny, suggested we have a Corn Day. Mother was excited to do this even knowing she could not help a lot but could "show us how to still do it" her way. My daughter Stephanie and granddaughter Emory from Huntersville were coming down to help. Stephanie had experienced Corn Day and wanted her daughter to know it, too. It was to be a day of laughter and work. It would be a gathering. We knew it would bring joy to Mother even for a short while. Her "old school ways" were being passed down, and she was elated. But she fell and hit her head and passed on before we could have the Corn Day.

Corn Day was only part of my mother's legacy. Her generation is passing, and her era will soon be gone. It was an era when people knew each other, helped each other, and cared for each other. It was an era of hand fans and window fans instead of air conditioners, a garden instead of roadside stands, and Sunday School instead of football games. It was a time of smelling cured tobacco instead of air fresheners. It was a time of laughter, fellowship, working together, and respect for one another.

Corn Day is my favorite. I will never look at an ear of corn without thinking of my mother and all that she passed on to us.

Jean Grant-Thompson, Stanly County

OK in my backyard

I enjoyed the article from Tony Herrin, Union Power Cooperative ["Reliable Electric Power: Coming to a Neighborhood Near You", July 2007].

It disturbs me that we, as a society of "not-in-my-back-yard" thinkers, want all the conveniences that electric power enables us to have, but we don't want visible signs of that electric power serving us. Unfortunately, the two views do not mix. Oh, wouldn't it be nice if it did.

For my part, whenever my electric power provider needs to place anything needed to provide that power to me, they can put whatever is necessary wherever it is necessary, even to the point of putting it in my yard, house or wherever they see fit to place it. I will not refuse them access to whatever they need to perform their necessary work to keep the electric power flowing for me and my neighbors. The alternative is to do without electric power that so many have come to rely on, even for those uses that seem to be necessary in the eyes of some, but, in fact, are not.

Walter Tatem, Hobbsville, Roanoke Electric Cooperative

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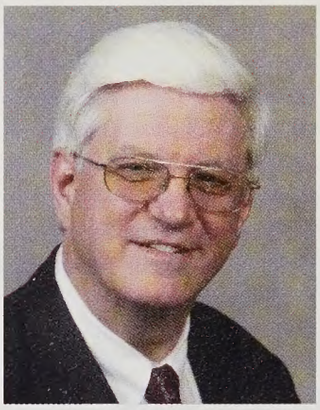


Wayne Wilkins is CEO at EnergyUnited

The EnergyUnited board of directors has appointed Wayne Wilkins chief executive officer of the state's largest electric cooperative. Wilkins succeeds R.B. Sloan Jr., who resigned in May after 33 years at the co-op to become director of electric utilities for Vero Beach, Fla.

A native of Lexington, Wilkins graduated from the University of North Carolina at Charlotte in 1976 with a B.S. degree in electrical engineering. He joined Davidson Electric Membership Corporation (EMC) in 1971, and was part of the leadership team that spearheaded the effort to consolidate Crescent and Davidson EMCs to form EnergyUnited in October 1998.

Wilkins said, "I have always enjoyed the challenges and opportunities in the cooperative energy industry and specifically here at EnergyUnited. I look forward to serving in this role to help the cooperative continue to achieve great things for our members, the board of directors and for our employees."

"EnergyUnited is fortunate to have a leader like Wayne with his integrity and steadfast support of the co-op philosophy," said R.B. Sloan Jr. "He has been an integral part of everything that has happened at EnergyUnited and I appreciate his leadership, support and friendship during my tenure."

As a cooperative and energy services company, EnergyUnited serves more than 116,000 electricity customers in 19 North Carolina counties, stretching from Virginia to northern Mecklenburg County and encompassing the fast-growing I-40, I-77, and I-85 corridors. Its service territory includes suburbs surrounding three of North Carolina's largest cities—Charlotte, Winston-Salem, and Greensboro. EnergyUnited also provides propane to more than 25,000 customers in 71 North and South Carolina counties and offers other specialized residential and commercial products and services.

Mini-grants for rural school teachers

The National Rural Education Association (NREA) has posted information about its 2007–2008 mini-grant program. Any rural K–12 classroom teacher whose school or community is served by an electric cooperative may apply for a grant. There will be 10 mini-grants of $500 each to be expended during the 2007–2008 school year for student-based projects. Each mini-grant will be funded at the beginning of the 2007–2008 school year. The deadline for entries is September 10, 2007.

For more information, visit the Web site http://tinyurl.com/2e3bso.

Plug-in school buses come to N.C.

Two North Carolina school districts will have a new plug-in hybrid electric school bus for the 2007–08 school year that could help offset fuel costs while protecting the environment.

The Charlotte-Mecklenburg School District and Wake County School District are among the first in the U.S. to operate the new hybrid school bus that can potentially double fuel efficiency and reduce emissions by up to 90 percent.

The new bus is a result of a nationwide initiative called the Plug-In Hybrid Electric School Bus Project, led by Raleigh-based Advanced Energy, a non-profit corporation that initiated a buyer's consortium of school districts, state energy agencies and student transportation providers. The partners that helped Advanced Energy bring the bus to North Carolina include:

- North Carolina's Electric Cooperatives
- Progress Energy
- Dominion North Carolina Power
- N.C. Energy Office
- N.C. Division of Air Quality
- N.C. Department of Public Instruction

The hybrid plug-in school bus is built by IC Corporation, the nation's largest school bus manufacturer, and Enova Systems, a leading provider of hybrid drive systems.

While the exterior of the school bus looks the same, it is powered with innovative new technology. The hybrid school bus project features Enova's Charge Depleting System (or "Plug In"), which was tested and evaluated at IC Corporation's research and technology facility in Fort Wayne, Ind. With an overnight charge, this system utilizes a larger battery based on advanced battery chemistry that provides stored energy intended to be drawn down over the driving cycle, thus optimizing fuel economy.

"This project provides operational benefits to school districts, while also providing the reduced emissions desired by the U.S. Environmental Protection Agency and a valuable return on investment to school boards," said Ewan Pritchard, P.E., Advanced Energy's hybrid program manager.

The initial powertrain for the hybrid school bus will couple an International® VT365 V8 diesel engine with the 25/80-kilowatt hybrid-electric powertrain, incorporating a transmission, batteries and an electric motor. The system is based on a parallel architecture, allowing the system to utilize both diesel and electric power in a highly efficient manner.

More information about the program is available at www.hybridschoolbus.org.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by August 7 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our September issue, will receive $25.

July winner:
The July photo showed the homestead of the late Robert Henry and Sally Thomas, located in Pee Dee EMC territory on Hwy. 742 on the outside edge of the Burnsville community in Anson County near the Union County line. It was known as the sharecroppers' place. Correct answers were numbered and the $25 winner chosen at random was Frank Tucker of Polkton, a member of Pee Dee EMC.

NCDOT is using energy-efficient LED traffic lights

Richard Tuttle, marketing specialist with Carteret-Craven Electric Cooperative in Morehead City, was recently reviewing one of the co-op's N.C. Department of Transportation (NCDOT) accounts when he noticed that the monthly bill for some traffic signals had dropped about 85 percent. He thought a meter must have been malfunctioning. He checked other accounts and saw the same thing. As he checked further he learned that NCDOT is installing bright, new, energy-efficient traffic lights at intersections across North Carolina.

The new lights use light-emitting diode (LED) technology. Individual pinpoints of light from an LED lamp can be up to 80 percent more energy-efficient than incandescent bulbs. They use between 10 and 25 watts in comparison to traditional incandescent traffic lights that consume 69 to 150 watts for the same lighting requirement. When a traditional incandescent traffic light fails, it goes out all at once and typically needs replacing every two years. In contrast, the individual pinpoints of light in an LED lamp don't burn out all at the same time and last longer. The life span of an LED can be between 100,000 and 1,000,000 hours, compared to incandescent light bulbs at 1,000–2,000 hours.

NCDOT traffic signal supervisor Tim Bell displays new LED signal lamps.

LEDs also can emit light of an intended color without the use of color filters that traditional lighting methods require. Incandescent and fluorescent sources often require an external reflector to collect light and direct it in a usable manner.

LEDs work well in situations where lights must be turned on and off frequently. And they light up very quickly. A typical red indicator LED achieves full brightness in microseconds.

NCDOT began replacing incandescent traffic lights with LED lights in 1999, reports Tim Bell, traffic signal supervisor. The project began replacing red lights, followed by green lights, then yellow lights.

What's going on with compact fluorescent light bulbs and mercury?

By Jennifer Taylor

Sitting in my home surfing the Internet one rainy afternoon, I came across an article about mercury in compact fluorescent light bulbs. Switching from traditional light bulbs to CFLs is an effective, accessible change every American can make to save energy and help the environment. But since several of my lamps and light fixtures have CFLs, I wanted to know, "What's going on with them and mercury?"

Evidently, the benefits of CFLs greatly outweigh the risks. "There is only a very small amount of mercury in CFLs, hardly enough to worry about," says Jim Stine, senior principal, Environmental Policy Department for the National Rural Electric Cooperative Association. "On average, the bulbs contain five milligrams of mercury. Compare that to 3,000 milligrams of mercury in older thermostats and 500 milligrams of mercury in a mercury thermometer."

CFLs save money, use less electricity and help promote energy efficiency. But, what if a bulb breaks or burns out? I can easily picture my manic feline, Otis the cat, turning a lamp over and breaking the CFL. Is the amount of mercury in the bulb harmful? How would I clean it up safely? After a quick switch to the Environmental Protection Agency's Web site, I learned there were no serious concerns.

How do you clean up a broken CFL?

According to the EPA, the greatest risk if a bulb breaks is getting cut from the glass shards. Research indicates that there is no immediate health risk to people should a bulb break if it is cleaned up properly.

Sweep up, do not vacuum, the glass fragments and particles. Place the broken pieces in a sealed plastic bag and wipe the area with a damp paper towel to pick up any remaining stray shards or particles. Put the paper towel in the sealed plastic bag when you are finished. If weather permits, open the windows and ventilate the room.

What should you do with a CFL when it burns out?

Like paint, batteries, thermostats and other hazardous items, CFLs should be disposed of properly. The EPA is working with CFL manufacturers and U.S. retailers to expand disposal options. You can search for disposal options online by using your Zip Code at www.earth911.com, calling (877) EARTH-911 or visiting www.lamprecycle.org.

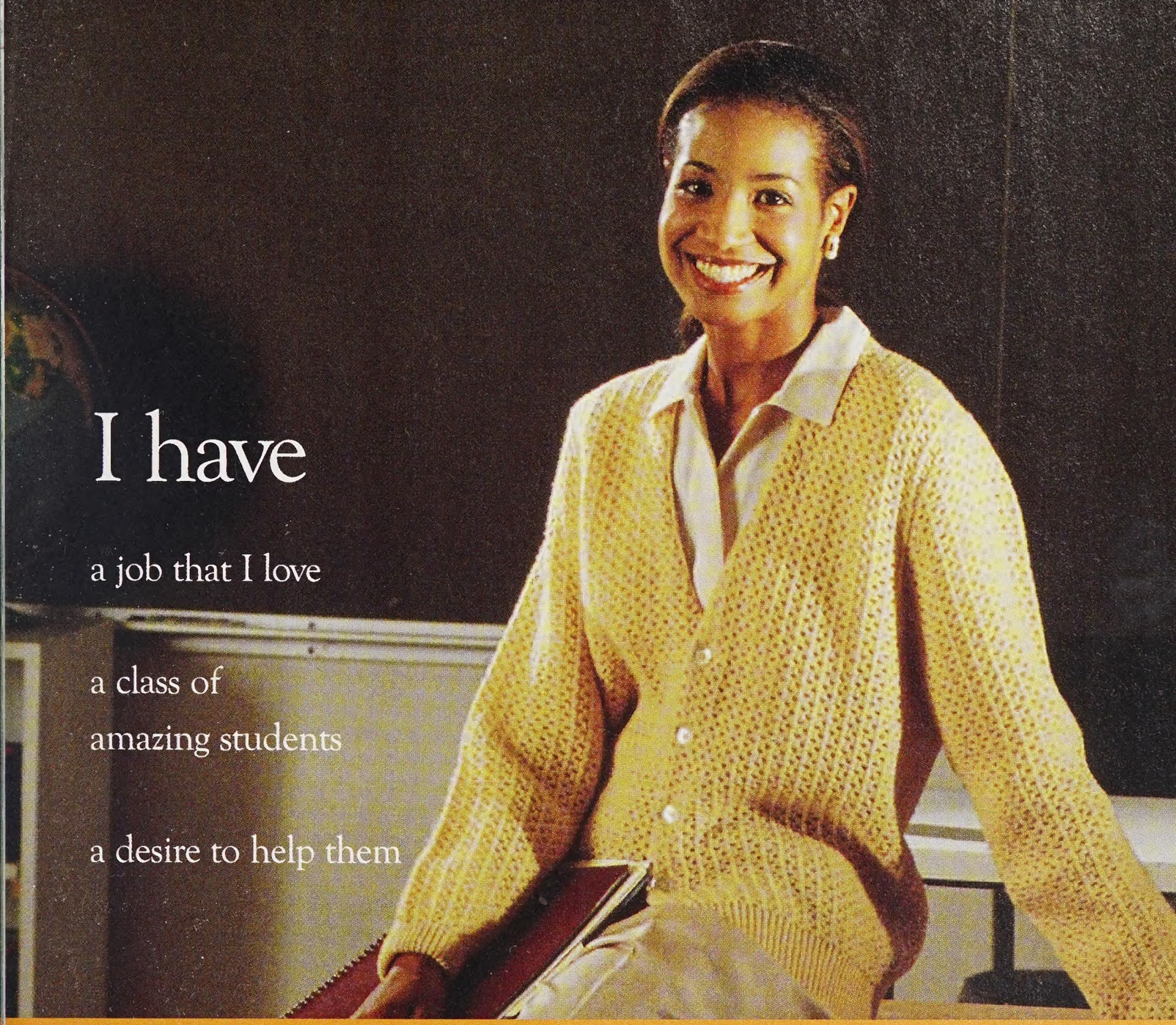
Also, check with your local waste management agency. If a disposal site is not available in your area, the EPA suggests placing the burned-out or broken bulb in a plastic bag, which should be sealed before being placed in the trash. Never send a CFL or other mercury-containing product to an incinerator.

Jennifer Taylor writes on co-op and consumer issues for the National Rural Electric Cooperative Association.

Did you know...

It costs approximately the same price to dry clean a business suit as it does to provide electricity to the average home for one day?

Electricity, a good value.



an electric co-op that's always looking out for me and my class.

Like our state's teachers, your North Carolina Touchstone Energy cooperatives are committed to energizing young minds. That's why we created the Bright Ideas grant program for teachers. It funds innovative classroom projects. Since 1994, the Bright Ideas Program has awarded more than $5.3 million in grant money to sponsor nearly 5,000 grant projects benefiting more than 800,000 students. Just one more way your cooperatives empower their members and share innovative ideas of their own.

North Carolina's
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How your $4 can buy renewable energy made in North Carolina

By Jeff Brooks

Are you a current or prospective NC GreenPower participant wondering what happens to those $4 contributions you make? Ever wonder where the whole $4 concept actually came from?

NC GreenPower was launched in 2003 to encourage the development of renewable energy resources in North Carolina through voluntary, tax-deductible contributions that individuals can make through their electric bills or directly to the program. For residential and small business customers, the minimum contribution level was established at $4 per 100 kilowatt-hour (kwh) block of renewable energy generated and added to North Carolina's power grid. Contributions can be greater than $4, up to any amount in increments of $4.

Why $4?

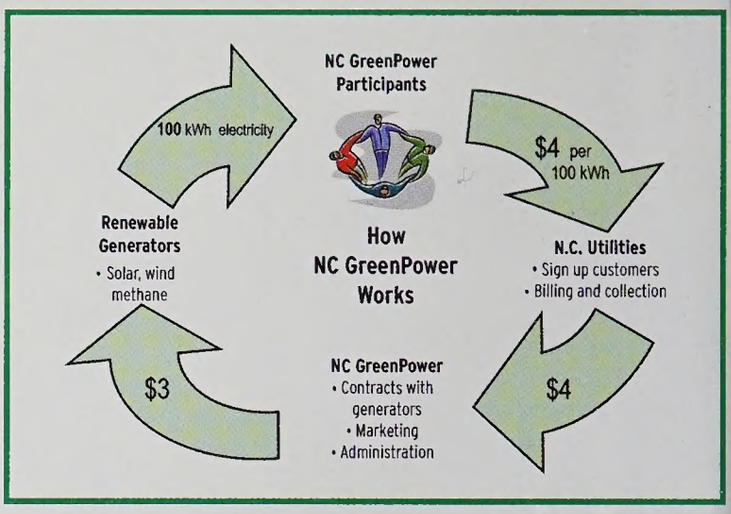
The intent of NC GreenPower is to provide economic assistance to producers of renewable energy, helping to bridge the gap between what their electric utility pays for their electricity and what it actually costs to generate this cleaner (though more expensive) energy. The amount paid to each producer varies depending on the type of renewable energy they are generating. For resources like landfill methane gas, the producer may only need a payment of around 1 cent per kwh above what their utility pays them in order to make their project economically viable. For others, such as solar photovoltaic energy, the project may require as much as 18 cents per kwh from NC GreenPower to make it economically feasible. By establishing a resource mix that combines lower-cost resources with higher, premium resources, NC GreenPower created an average per-kwh cost of 4 cents. Multiply that 4 cents per kwh by 100 kwh, which is the established block unit that NC GreenPower uses, and the result is $4 per 100 kwh block. In other words:

$.04 per kwh x 100 kwh = $4.00 per 100 kwh block of renewable energy

But how exactly does the $4 block help encourage the use of renewable energy on the power grid? It might help to establish first what it does not do. Contributions to NC GreenPower are not used for renewable energy research and development, nor are they used to pay for generation equipment. NC GreenPower neither owns nor finances renewable energy projects. What NC GreenPower does do is provide payments to renewable energy producers on a per-kwh basis for the energy they provide to the power grid.

Where the money goes

Every $4 that an individual contributes to NC GreenPower pays for 100 kwh of electricity to be generated from a renewable energy resource and added to the power grid. That $4 is typically collected via the individual's electric utility bill. The utilities, including participating electric cooperatives, do not keep any of the funds, but pass them in their entirety to NC GreenPower. The program retains $1 out of each $4 contribution to pay for promoting the program statewide and for maintaining contracts with producers. The remaining $3 goes directly to renewable energy producers across the state who add renewable energy to the power grid for everyone to use.



How much each individual producer receives per kwh added to the grid varies depending on the type of resource used to generate the electricity. But as a group, producers receive 75 percent of every contribution to aid in making their projects economically viable.

All producers contracted with NC GreenPower are located in the state and add their generated electricity to the state's power grid. That means that cleaner energy is benefiting North Carolina's environment as well as its economy by keeping energy dollars in the state.

A contribution that makes a difference

By adding more renewable energy to the grid, less electricity has to be generated from fossil fuel resources such as coal. That translates into better air and water quality and a reduced dependence on other states to provide the raw materials for electrical generation. Every $4 that you contribute monthly to the program will add 100 kwh of electricity (about 1/10th of the average home's monthly power usage) to the grid from a renewable energy resource. That 100 kwh of renewable energy will offset an equivalent amount that would have come from a coal plant to meet the same electrical demands.

And while it doesn't seem like much, that $4 contribution made monthly over the course of a year will help to offset the consumption of more than 900 pounds of coal and an equivalent of 2,500 pounds of carbon dioxide. That offset is the approximate environmental equivalent of more than 190 trees planted or 3,000 miles not driven in your car.

Jeff Brooks is marketing and communications coordinator for NC GreenPower.

To learn more, and to see if your electric cooperative participates in the program, contact NC GreenPower:

NC GreenPower
909 Capability Drive, Suite 2100
Raleigh, NC 27606-3870
Phone: (919) 716-6398

Toll-free: (866) 533-NCGP

E-mail: info@ncgreenpower.org

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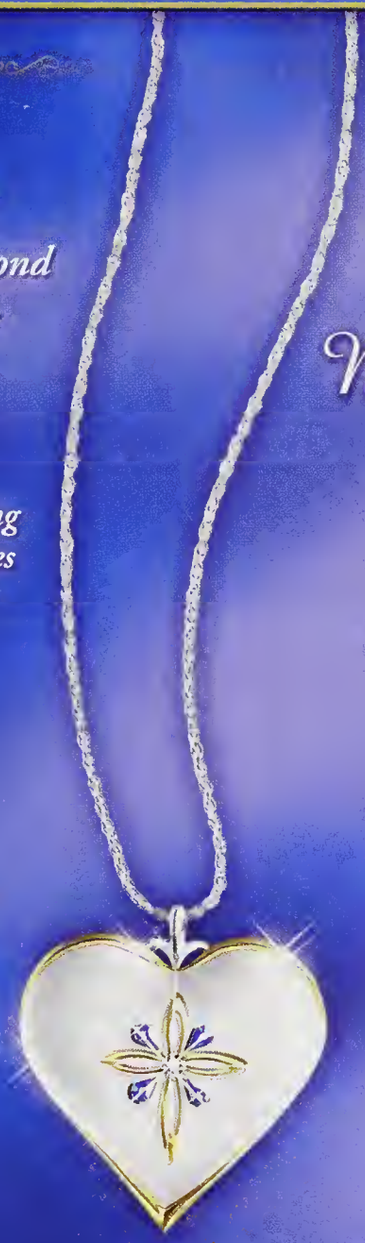

Enlarged to show detailed craftsmanship

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Shown actual size

Beautifully engraved on the reverse side with the sentiment *"May the Lord Bless and Keep You, My Precious Daughter"*

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59580-E67291

This farm brings shining hope to disabled riders

By Andie Leatherman Brymer / Photos by Joseph Brymer

When an electric line hung over the arena at Shining Hope Farms, a therapeutic riding facility in eastern Gaston County, executive director Milinda Kirkpatrick contacted the EnergyUnited office in Cornelius looking for help.

"They jumped right on it and made things happen," Kirkpatrick said.

The EnergyUnited office sent an engineer and crew to move the line to another part of the farm, a two-day project. The Touchstone Energy co-op did the work at cost. With the line out of the way, the non-profit organization was able to repair a barn roof and work on its riding arena.

Shining Hope Farms, located in the community of Stanley, serves people with disabilities. As Milinda Kirkpatrick and volunteers lead clients around the riding ring, some leave behind their wheelchairs and braces.

Atop their horses, volunteers toss balls with riders and help them place letters in mailboxes. The games are designed to help riders stretch muscles and improve balance, posture and coordination. Riding itself improves walking ability because the gait of a horse mimics the movements of the human pelvis.

Shining Hope Farms director Milinda Kirkpatrick (far right) and a volunteer help Dan High get ready to ride. He's riding at left with Rachel Dempsey.

Riding at Shining Hope is one of the few activities Chris Hunter looks forward to each week. The 24-year-old Huntersville woman has cerebral palsy. Hunter's mother says the staff and volunteers accept her daughter's ability level, and her daughter enjoys the horses and interaction with teenage volunteers from SouthLake Christian Academy. The students work at Shining Hope every Wednesday.

Dan High, one of the program's adult participants, learned about Shining Hope at a brain injury support group. He likes the feeling of freedom that comes from riding. High's wife, Angela, appreciates the chance for her husband to get fresh air, exercise and mingle with others. She just wishes there were more volunteers. The only day Dan can go is Wednesday when volunteers are there to help him.

Milinda Kirkpatrick and her husband, Paul, sold their Mecklenburg County home to make the therapeutic farm a reality. The Kirkpatricks and their three children moved to the farm, located at the end of a rural road, nearly four years ago. Jessie, 20, Katie, 18, and Connor, 9, help with riders and barn chores. Connor keeps up with the farm's rabbits which are a big hit, especially with visitors from Camp Dogwood, a nearby camp for the visually impaired.

Local Special Olympics athletes train at Shining Hope for riding competition at the state games held in Raleigh. Gaston Hospice has used the farm for a day-long grief camp. Families alternated group therapy sessions with riding. Counselors say the rides give a break from the intense emotional work.

Shining Hopes serves people with a wide range of disabilities, including Asperger syndrome, autism, cerebral palsy, Down syndrome and brain injuries. Physical and occupational therapists also use the facility. Animal-assisted therapy is part of a growing national trend. The professional organization North American Riding for the Handicapped Association offers certification in recreational riding assistance. Milinda Kirkpatrick has gone through the program.

While horses are known for high strung personalities, many are calm animals. Milinda assesses the personalities of horses she is considering purchasing by doing things like tossing an inflatable ball toward one. She did that to Gordon, one of the farm's quarter horses, and he gave her a curious look but didn't bolt. Milinda knew he would fit in well.

Freelancer writer Andie Brymer and her husband, Joseph, live in Lincoln County.

To learn more, visit the farm's Web site at shininghopefarms.org and the North American Riding for the handicapped association's site at www.narha.org.

How to find a place to sit and learn the alphabet

An award-winning Bright Idea

Text and photos by Ashley-Harrington Andrews

Monica Scott, a kindergarten teacher at Timber Drive Elementary in Garner, needed places for her young students to sit. She had 24 students, and "I wanted them to have an individual space." She found something that also could teach them the letters of the alphabet.

With the help of a Bright Ideas grant awarded by Wake Electric, Monica purchased a carpet that has each of the 26 letters of the alphabet printed on individual squares. Her students sit on a square and learn their own individual letter, how it sounds, how it looks, and words that begin with it. After her students have mastered their designated letter, they move on to a new letter on the carpet.

Children meet on the carpet several times throughout the day. Monica uses a data-capture notebook to evaluate the effectiveness of the carpet by tracking each letter her students have learned.

When Principal Sue King visited Monica's classroom and saw how effective the alphabet carpet was as a teaching tool, she bought one for every kindergarten class at Timber Drive Elementary.

"To me that is huge," Monica said. "That's 144 kids receiving knowledge and a more advanced start because of Touchstone Energy's Bright Ideas grants. It's exciting to know that I've touched all of these children with this one Bright Ideas grant."

Monica Scott has been a teacher for 10 years, but this year was only her second teaching kindergarten. She taught second and third grade classes in Scotland and Wake counties. When she made the move to Timber Drive Elementary, Principal King asked her to teach kindergarten, which at first did not sit well with Monica. But she later realized, "My principal saw something in me that I just didn't know was there." She has come to discover that kindergarten fits both her teaching style and personality.

"I just always knew I wanted to be a teacher," Monica said. "I wanted to make a difference and to interact with children."

Two other Timber Drive teachers—Maureen Walker and Rosemary Harris—received 2006 Bright Ideas grants from Wake Electric. This is a school where teachers are committed to innovative and memorable ways to make an impression on their students.

BRIGHT IDEAS

Teachers May Apply Now

The Bright Ideas grant program, sponsored by North Carolina's Touchstone Energy cooperatives, awards grants to teachers for innovative, classroom-based projects in grades K–12 that would not otherwise be funded. Since it began in 1994, the Bright Ideas program has awarded more than $4.5 million in grant money to teachers across the state. More than 4,000 projects have been sponsored and used to enhance the education of approximately 800,000 students.

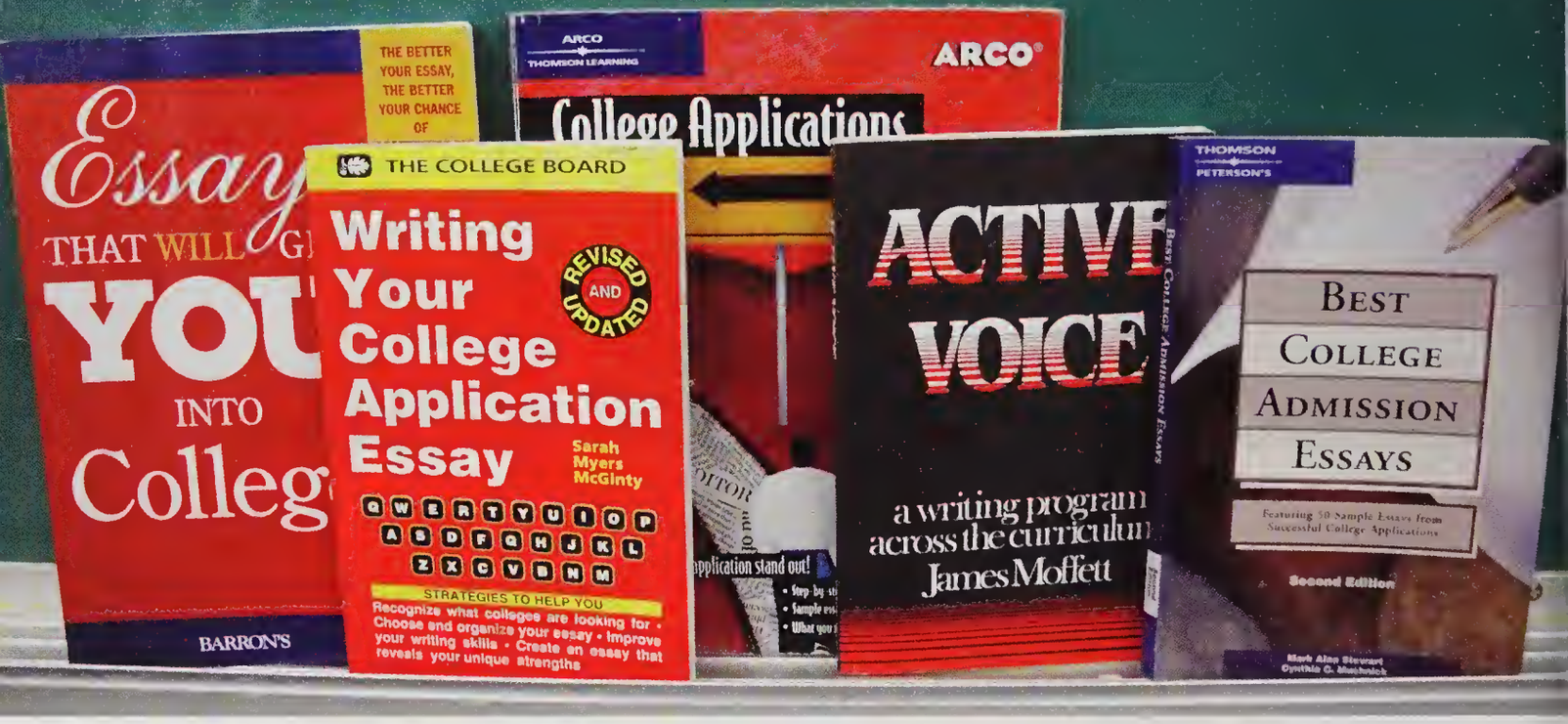
Bright Ideas grants are available in all subjects to North Carolina teachers in grades K–12. Grants are awarded each school year and fund up to $2,000. Teachers are limited to one grant proposal per year and are eligible even if they have received a grant the year before. Online applications are available at www.ncbrightideas.com.

Teachers who submit applications by the end of August, approximately a month before the September deadline, have a chance of winning a digital camera. For more information on Bright Ideas, contact your cooperative or Tonya Howard at (800) 662-8835, extension 3081 or tonya.howard@ncemcs.com.

How to apply to college

A guide for high school students

By Paula Steers Brown



College acceptance has become so competitive that parents and students worry simply about the thought of applying. It's really not that bad. Students can do it themselves. Parents are a key support system, but the student must be the one to get excited about following his or her chosen goals. Teenagers may balk at the amount of work required, but they have to do it for the application to ring true.

Start now

Even if you have never demonstrated much organizational ability, have never been a strong participant in class discussion, have never shown much academic focus, *it is not too late.* Turn over a new leaf. Show your guidance counselor, teacher, coach—and especially your parents or guardian—that you care deeply about going to college. If you have never scheduled one meeting with your guidance counselor, schedule it now. Then consider these tips.

Meet your match

Reflect on your own interests and learning styles, then set about finding the best college fit for you. Do not force the fit. It is important to keep an open mind, but be realistic and discuss finances and college location with your parents, because they can limit your choices.

On the Internet the facts are at your fingertips, so do your research. Your high school guidance department has lists of Web sites for every phase of the search and application process. Testing services offer Web sites such as www.collegeboard.com that provide current information on more than 3,600 colleges and compare profiles for similarities. You also should visit the 378-section of your public library to find college guide books that can fill you in on percentages, demographics, social life and programs. "Fiske" and "The Insider's Guide" describe living and social arrangements.

If your school has a college fair, talk to the college representatives. It is a great advantage to make contact with an individual from the admissions department who recognizes your name and has some concept of you as a real person.

What do they have to offer you?

Set aside time during your junior year for college visits. Go when the regular students are there so you will get a true picture of campus life.

Prepare questions and talk with admissions representatives or university guides. Tour the buildings and grounds. Are they old, new, renovated, wired or WiFi capable? See a dorm room. Visit the library, the part of campus that will be your major concentration (if you know that already), the recreational facilities, and any other areas you might frequent. Read a copy of the student newspaper. Check out bulletin boards. Eat the food. Allow plenty of time to stroll through the bookstore, looking also at the student textbook section to get excited about the courses being taught. Sit in on a class.

Breeze-through visits will not give you the true flavor. Look carefully at the school's academic programs. It's fine to be "undecided," but if you can research a certain major, do so.

What do you have to offer them?

Colleges want to see that you have taken the most challenging courses you are capable of handling and that your course of study is beyond the state's minimum requirements for graduation. If you have a particular talent that supports your personal passion, devote time to it in your school schedule. The most competitive schools would prefer to see an elective, rather than a study hall. Colleges look for consistency in

grades. Improvement from 9th grade to 12th grade reflects maturity.

Consider taking AP (advanced placement) classes in your areas of greatest interest or expertise where your performance is likely to be highest. AP classes can provide a wonderful opportunity to get a jump start on college. There is a fee (about $80) to take each AP exam, although more and more schools are covering that fee for the student. Having AP credit upon matriculation can allow you crucial advantages: early registration, exemptions from certain requirements, and accumulation of college credit (which can help you save on tuition).

Colleges want to see how you have spent your time on extracurricular activities, school events, employment, community service. On your home computer, devise a simple chart to designate categories for your various activities and the approximate time spent on them throughout your high school career. Expand upon any positions held or honors won and the criteria by which they were awarded.

Standardized test savvy

The SAT I measures verbal and math reasoning. Taking the SAT twice is usually a good thing. It is longer than the PSAT and can have an experimental section. Most juniors take the SAT in May and perhaps retake the test in October or November. There are classes that teach test-taking skills. Must-visit sites: www.act.org (for ACT takers) and www.collegeboard.com (for the SAT). You need to prepare but do it in your own style. That could mean spending an evening reading tips online, buying a book and taking practice tests, making vocabulary flash cards, scheduling one or more conferences with a tutor, or taking an entire preparatory course.

The application: narrow the focus

Don't apply to a long list of schools. Apply to five or six, and treat each college individually.

Customize your application. Show them that you are their match. This takes time but yields positive results. If a faculty member has written a book that has captured your interest, discuss it in your application. Show them you care enough to delve beneath the surface.

Use this rule of thumb for the five to six applications: one or two "safety" schools, two "reality" schools, and one or two "reach" schools. Timetables for applications vary, so check the options and formulate a checklist of deadlines. "Early Decision" is binding, so be absolutely certain of your choice if you apply early. Have a viable Plan B in case your first choice does not work out.

Your essay: extract the unique

Free yourself of others' expectations and try to get in touch with what it is you love—your passion. What might have made you appear "weird" in the conformist middle-school years now makes you very appealing as a candidate to an admissions committee.

One gifted young man from the University of Virginia remembers being ridiculed for his early passion for musical theater. That perceived eccentricity, however, gave him the edge in college and, only a few months after graduation, at the age of 23, he landed a job with a Broadway show.

If you have ever had an experience that made a big impression on you and you could describe it in vivid detail, include it on your brainstorm list—an unstructured list of words, phrases or slice-of-life moments you slap down in stream-of-consciousness fashion to get your best material. If you can connect these experiences to qualities colleges value—intellectual curiosity, creativity, compassion, leadership ability, an optimistic outlook or initiative—you have hit upon a great formula.

If asked "what is unique about you," most high school students draw a blank, but each person has something to offer. To loosen yourself up, tell a story aloud and get someone to take dictation. If you simply cannot think of anything, ask someone who knows you well to think back to an instance that captures the way you react to situations. What can seem to be the most ridiculous story or the most insignificant detail can be the nucleus of an entire admissions essay. Try to tell it in your own voice with vivid, sensing words that put you back at the scene in as specific a way as possible. Be yourself. Your right match will love you.

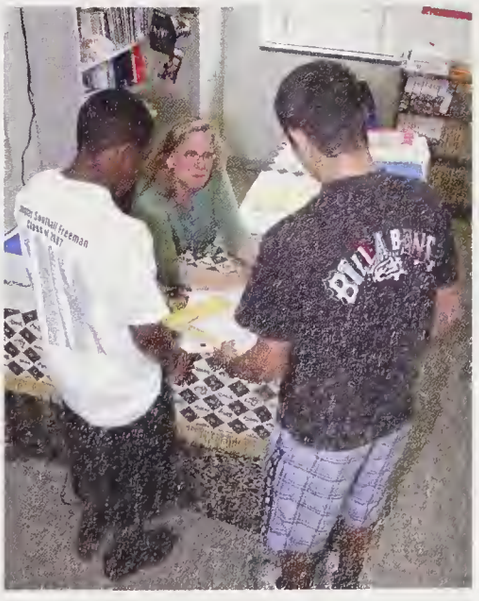
Show your passion

Participate in an internship, an interesting or productive program, or work at a summer job and save your money for college. Volunteering for community service is important to show your civic awareness, but again, this needs to be authentic. Don't just volunteer because you should to get into college. Find something you care about and get involved with that worthwhile cause.

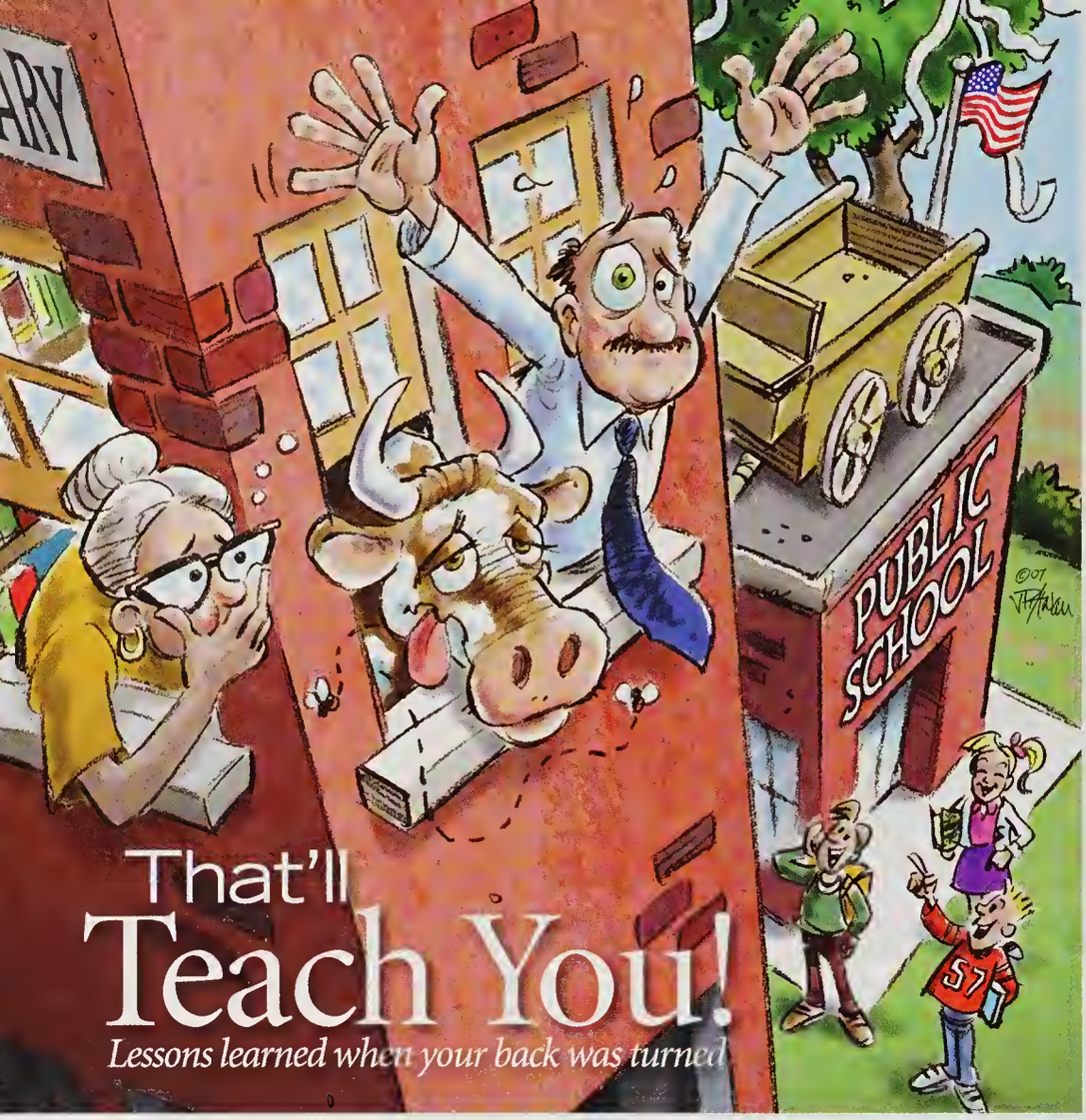
Finding funding

Most guidance departments keep a notebook on all available scholarships. The path to many scholarships requires that you are the only nominee from your school, so you need to make it clear early on (in September) to your guidance counselor or scholarship liaison that you are on the prowl for funding. It cannot be a private pursuit if you wish to be considered for as many financial supplements as possible. The Internet can also be a very valuable tool. Fastweb.com allows any student to set up a profile and will send you notices about applying for scholarships that fit your profile.

©2007 by Paula Brown. *Paula Brown teaches honors and college-bound English at Douglas Freeman High School in Richmond, Va. where she also has a college-counseling business.*



Guidance counselors have financial aid forms. Parents will have to complete part of the form which must be filed after January 1.



That'll Teach You!

Lessons learned when your back was turned

Introduction to agriculture

In the 50s I was in elementary school at Biscoe High School in Montgomery County. All the grades were in the same school during those years. This is the era before drugs and alcohol became rampant, so the pranks had to be homespun.

On the day after Halloween, as my bus started up the school drive, we saw all the trees were in full bloom with toilet tissue. On the roof of a flat-roofed building that housed two classes along with the girls' and boys' locker rooms someone had put a local farmer's wagon. The farmer's cow was upstairs in the library with a full stomach and a good dose of laxatives.

As soon as we went into the classrooms, the school officials sent us back home. There wasn't much damage, and the high school boys were blamed, but no one was ever caught. I don't know if it was the cow pies or the lack of toilet paper that gave us the day off.

Dorothy Davis, Eagle Springs, Randolph EMC

"I just can't take it anymore!"

Seventh-period history was the last class of the school day for many of us high school seniors. Mr. Felmet couldn't tolerate us talking among ourselves during class, but his punishment was never more than just a threat to stay after school.

On the last day of class in 1971, my always-mischievous friend, Bob, decided that he would get caught talking in class one last time and use the opportunity to pull one final prank on Mr. Felmet. So just before class started—when Mr. Felmet always walked down to the end of the hall to the water fountain to get a drink—Bob quickly made his way into the classroom. He sat down at his desk by the five floor-to-ceiling windows and tied a 10-foot length of rope tightly to the radiator base. He had already threaded the other end of the rope through the belt loops on his jeans with a secure knot. He then coiled up the rope and hid as much of it as he could under the radiator. When I asked him what he was doing, he whispered, "Just play along when I start talking to you once class starts, and then you'll see!"

When the bell rang, Mr. Felmet returned to his podium at the front of the classroom and prepared to deliver his final lesson to us. Bob turned around at his desk by the big windows and began talking to me since I sat directly behind him. It was early June; our school had no air conditioning at that time, so all of the windows were fully open and had no screens on them. When Mr. Felmet chastised Bob for talking to me during class, Bob jumped up and yelled, "You're always picking on me, Mr. Felmet, and I just can't take it anymore!" and he immediately jumped out the big window beside his desk in our third-floor classroom.

The entire class started screaming and crying, but I jumped up and ran to the window and looked down. The rope had caught Bob exactly as he planned, and he was crouched down on the concrete ledge about four feet below our third-floor row of windows, hiding from view with a huge grin on his face.

Mr. Felmet had slumped back into his chair and was gasping for breath, trying to tell two other students to run get the principal and the school nurse. I couldn't hold it any longer and started laughing so hard that I had to bite on my arm in order to stop.

Needless to say, once Mr. Felmet caught his breath and discovered the prank that had just been played on him, Bob and I had some serious explaining to do in the principal's office before we were allowed to go home that afternoon. Our parents somehow couldn't see the humor in this situation even though it was our last day of high school.

Jon Gibson, Raleigh, Wake Electric

Thanks to everyone who sent us stories about classroom pranks you'll always remember. You can see more of them on our Web site. Next month we'll publish your favorite photos from North Carolina fairs and festivals. [Deadline was July 15.] For more themes and rules in our "Nothing Could Be Finer" series, see page 18.

GO ONLINE
www.carolinacountry.com

Fixer-upper for sale

I went to Charlotte High School in Punta Gorda, Fla. The main building on our campus was three stories high, over 50 years old and showing its age. The third floor Spanish classroom had a hole in the floor looking down into the second floor Algebra classroom.

A week or two before graduation, I decided to "sell" my school. I placed an ad in our local newspaper describing the fixer-upper and put the principal's home phone number and wrote "ask for Ray." Well, the calls started, thanks to a few of my friends' parents. My principal was not happy. He called the paper, but they refused to release the name of the ad writer. The next day the paper put the ad on the front page—sans phone number.

My principal was highly annoyed until the ad was on the local news the next evening and even picked up by the Associated Press after that. By the time he figured out it was me, the publicity our school had received greatly eased his anger. And I was allowed to graduate.

Kim Guereschi, Washington, Tideland EMC

Recycled daffodils

It was a beautiful spring day many years ago, and our fifth grade class was enjoying recess on the school ball field.

One classmate, "Bob" (not his real name), stood out from the other boys, because he was very humble and highly intelligent. Also, he was known to be very obliging. The class bullies took Bob to the side of the ball field where bright yellow daffodils grew along the chain link fence.

"To belong to our club you must eat at least three of these," they told him. It was not easy, but Bob completed his assignment by the end of recess.

Later, we all began to notice our friend was in a complete daze. The teacher became concerned when he did not respond to a question and instead just stared at her. Eventually he blurted out, "I need to go to my mama's room. I'm sick!" His mother taught at the end of the hall, so Bob and our teacher left the room hurriedly. The entire class rushed to the doorway just in time to see "recycled" daffodils line the hallway.

When our teacher got the rest of the story we didn't see any daffodils on the ball field for awhile.

Ann Kennedy, Pink Hill, Tri-County EMC

A lesson in disguise

A substitute teacher usually meant plenty of jabbering and trouble-making. Not this time! The pudgy woman plodded into the room like a drunken penguin, dark sunglasses pressed against the bridge of her nose.

"Hello, class." She spoke as though 50 moth balls filled the inside of her cheeks. We all nodded, like any other roomful of fourth graders would. She surprised us by asking questions about Mrs. Trainer, our regular teacher. Despite Mrs. Trainer being a firm but fair instructor, we were more than happy to offer complaints. Looking back, I guess that's the way kids are. They want the "fair" without the "firm."

I went home feeling guilty about complaining, like I'd turned on someone who trusted me. I wondered all night if the other kids felt the same.

What happened the next morning proved that Mrs. Trainer would be the best teacher I'd ever have. She didn't hesitate to explain that talking negatively about others was immoral and would lead to fewer friends in the future. She also went on to reveal that she had been the substitute in disguise.

Unlike most class pranks, the joke was on us, as well as a lesson I would remember and value forever.

Dan Moskowitz, Huntersville, EnergyUnited

Caught napping

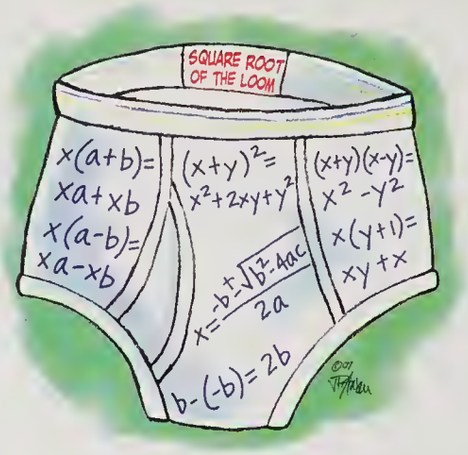
One of my favorite teachers, Mrs. Jones, was a wonderful, patient teacher with a bit of a mischievous streak.

One of the boys in class, who evidently wasn't overly enthused by the course, would regularly fall asleep in class and just as regularly be awakened. Since this didn't seem to bother him enough to end the habit, Mrs. Jones decided one day to try a new tactic. While he was peacefully dozing with his head on his book she quietly snuck the entire class out into the hall. When he finally woke up to an empty classroom (not knowing we were all standing in the hallway, quietly listening) he was totally panicked—probably thinking that he had missed the final bell and his bus home.

When he came flying out of the classroom we were all waiting in the hallway laughing. I don't believe he ever fell asleep in class again.

Marcie Roper, High Point, EnergyUnited

continued on page 18



Hidden homework

I was a middle school math/science/algebra teacher for 19 years in New Bern. One year I was fortunate to have an absolutely delightful, creative, responsible and personable class of about 30 students in pre-algebra. We related well. And as many teachers do, we often took side roads of discussions. I told them some of the pranks I did while in high school.

I made good grades, but to interrupt the monotony of a particular class, I was occasionally unconventional (or disruptive). I disliked my Latin teacher, so one night I did my homework on toilet paper. The teacher called me to the board, and I unrolled the toilet paper and proceeded to write the answers on the board. My Latin teacher did not see the humor in this, though my classmates did.

My math class thought this was funny and to me, it was forgotten. We proceeded with our class work. About a week later, when I asked my class to get out their homework from their book bags, each student pulled out a piece of underwear bearing their homework!

It took awhile for the laughter to subside. I gave each student an extra point on their homework grade for originality and creativity.

Sandra Woods,
Newport, Carteret-Craven Electric

Class clown

The best year for me in school was the seventh grade because of my teacher Mr. John Terry. He was a prankster himself. I was the class clown.

One day while he was teaching the sixth graders, the seventh graders were supposed to be studying. Everyone was…but me. I was sitting behind Mr. Terry. The sixth graders could see me, but Mr. Terry couldn't. I started making funny faces at the sixth graders while he was teaching them.

They all started laughing at me. Mr. Terry turned around and looked at me. I looked at him so innocently, like, "What?" He turned back to teaching. I did it again. He looked at me again. This time I was smiling.

He got a paper bag and put it on my head. I said I couldn't breathe. So he put a hole in the bag. He started teaching again. I looked through the hole to make sure he wasn't looking. Then I stuck my tongue out through the hole. The whole class was laughing. Mr. Terry made me sit out in the hall. (I can't count the times I was put out in the hall.)

I learned more in Mr. Terry's class than any other because of his sense of humor. It was like he was one of us. Thank you, Mr. Terry!

Sharon Hardin, Rutherfordton, Rutherford EMC

Red thumb

My nephew was born missing his thumb on his right hand. This never bothered him a bit. One day in elementary school he had a substitute teacher. As he was eating lunch in the cafeteria, he squirted ketchup on his hand where the thumb wasn't. He then told the substitute teacher he accidentally cut his thumb off. When the teacher returned the next day, she enjoyed informing his mother of his prank. To this day, we still laugh about it.

Ellen Cooper, Cornelius, EnergyUnited

VW mechanics 101

When I was a senior in high school, I walked into English class to find a Volkswagen parked in the room. During the night, students had passed junkyard Volkswagen parts through a window and then reassembled them, piece by piece, in the classroom. The prank was in protest of an $18 parking fee that had recently been imposed for the next year. Students considered the fee to be too much. Everyone, including the teachers, thought it was funny. The car was quickly dismantled and taken outside. Classes were not held that morning in the classroom with the Volkswagen in the middle of it.

Kim Huffman, Lenoir, Blue Ridge Electric

send us your best EARN $50

Here are the themes in our **"Nothing Could Be Finer"** series. Send us your stories and pictures about these themes. If yours is chosen for publication, we'll send you $50. You don't have to be the best writer. Just tell it from your heart.

October 2007
My Favorite Photo
North Carolina people and places. Digital photos must be high resolution.
Deadline: August 15

November 2007
Kid Craft
Your stories and photos of children's crafts.
Deadline: September 15

December 2007
Holiday Recipes
Recipes for your favorite holiday meals.
Deadline: October15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, electric co-op, mailing address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay $50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616
   Or by e-mail: finer@carolinacountry.com
   Or online: www.carolinacountry.com

Real People! Real Stories! Real Results!

Lost 53 Lbs*!— Glenda D.

"The convenience of the NutriSystem® program was vital to my weight loss. I could take my meals anywhere without any complicated storage or preparation. Having your meals delivered to your door is priceless. Plus, the program's affordable even for a single mom, and it saves me time because I don't have to do much grocery shopping. Not to mention, I hate dieting. It always felt like I was punishing myself: results were few and far between, and I was always starving. But with NutriSystem, I was always satisfied. I hardly consider it a diet — it's more like having a personal chef! So even though I've lost 53 pounds and 3 jeans sizes on this program*, the most valuable gift is the self-confidence I have gained."

"It's like having a personal chef!"

Lost 142 Lbs*!— Julie S.

"To me, food always served as a form of entertainment and comfort. But my weight was controlling my life, my health and my happiness. Every time I tried to manage my weight through dieting, I gained back more than when I started. NutriSystem worked so well for me that I lost 142 pounds*. Now I always have energy and even play volleyball on an intramural team. I did keep my 'fat pants' (size 26) for fun. I had sworn that they would never fall off of my hips. I had to eat my words when I slipped into ONE LEG of them and they fell to the floor! Oh, one more thing — today I shop in the junior's section. Wow!"

"I have lost 142 pounds, and over 89 inches!"*

Lost 62 Lbs*!— Adriano C.

"Since losing weight, my life is excellent."

"The first thing I saw was pasta on the menu. I thought, 'Is this for real?' I saw fettuccini alfredo, ravioli, minestrone…I was amazed by how great the food tasted! It was really good! I was even more amazed that I didn't feel hungry during the day. Remember, I'm a guy who LOVES to eat! The worst diet for me is one that starves me. (Those are the ones that make me dream about food.) To my amazement, I started shedding my weight almost from the first day. Now, I've lost a total of 62 pounds*! Trust me, it's worth it! I feel GREAT!"

Lost 33 Lbs*!— Amy C.

"I'm down to a size 2 and I feel like me again."*

"By the end of my first month on NutriSystem, I had lost over 14 pounds*! With NutriSystem, everything was just too easy: it was easy to prepare the meals, easy to store them (I traveled and packed them to go), and easy to eat them (they're very tasty). Because of NutriSystem, my life has turned around. I went from size 12 to a size 2*, and I feel like me again! My clothes don't cut into me, and I can move easier. I am able to enjoy life and my new family! I can be the person I knew was under there somewhere."

THEY LOST WEIGHT, YOU CAN, TOO!

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Finally, a Shine That Lasts

Miracle Polish Ends Struggle With Tarnishing Metals

By D.H. Wagner

Lately, I have noticed quite a few newspapers and magazines praising a polish formulated by a homemaker. The articles report that Donna Maas grew frustrated with rubbing and scrubbing her silver, brass and other metals only to see them quickly become dull and tarnished again. Determined to put an end to her constant battle with tarnish, Donna formulated a metal cleaner and it's transforming the industry.

Anita Gold, nationally syndicated columnist and expert on the restoration of antiques calls MAAS (named after its inventor) "The best and most amazing polish in the world." Ms. Gold wrote in her column, "A truly miraculous polish referred to as "miracle polish" that'll turn the most disastrous pieces into the most de-bright-ful is MAAS Fine Polishing Creme For All Metals, which cleans, restores, preserves and polishes to perfection any brass, copper, chrome, silver, stainless steel, aluminum, gold or any other metal with amazing results-no matter how badly stained, spotted, discolored, flood-damaged, weathered, dirty, dingy, drab, or dull they may be."

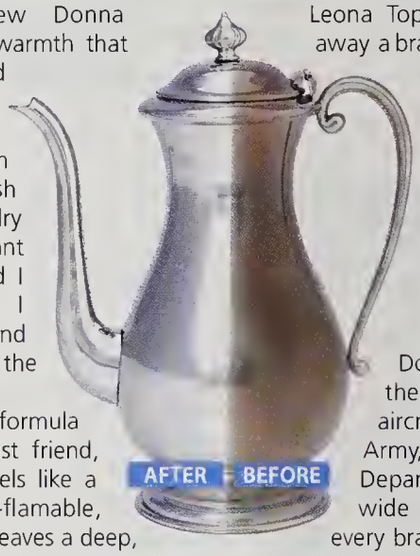
Since I had an old brass lamp in desperate need of restoration, this journalist decided to put MAAS to the test. The lamp had been stored in the garage and was in far worse condition than I remembered. I was flabbergasted as I watched the polish wipe away layers and years of tarnish. Never have I used anything so easy. The lamp actually looks better than when I purchased it. Better yet, months later it's still glowing!

The polish worked so effortlessly, I decided to refurbish my mother's antique brass and copper cookware. The badly stained pots and pans developed black spots that had been impossible to remove. MAAS wiped away years of built-up residue even from the most discolored pieces. While polishing, I noticed MAAS applying a shine on the stainless steel sink. WOW! The shine is unbelievable and although I wash dishes every day, the shine keeps-on-shining. And it's no longer covered with ugly waterspots - water just rolls off the protective finish and down the drain.

A consumer study of 28 metal polishes reports, "MAAS Polishing Creme has no equals in all around polishing performance..." MAAS retained its shine longer than every polish tested. The Miami Herald says, "Polishing product can renew old silver." The Chicago Tribune headline sums it all up by saying "One Amazing Polish Is The Best At Everything."

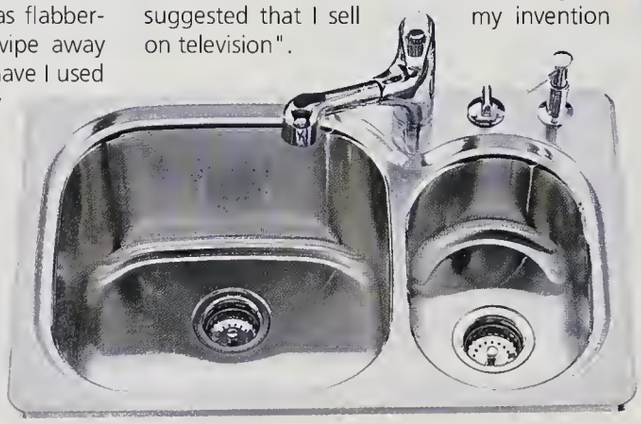
How did a homemaker come up with something the industry's experts couldn't? The reporter in me had to find out.

During our interview Donna explained, "I enjoy the warmth that beautifully polished metals add to a home. However, not the hours it took to keep them tarnish free. The harsh cleaners left my hands dry and burning - one instant silver dip smelled so bad I felt sick. That's when I became determined to find a better way to care for the metals in my home."



And that she did. Her formula developed with a chemist friend, has a mild scent and feels like a hand cream. It's non-flamable, highly concentrated and leaves a deep, rich one-of-a-kind luster beyond anything I've ever seen.

"To my surprise," Donna reveals, "the formula far exceeded my original goal. MAAS completely renovated a sun-damaged fiberglass boat, removed residue from glass fireplace doors, polished up clouded crystal and glass vases, wiped scuffs and stains from linoleum, plastic lawn furniture - it even reconditioned a Plexiglas windshield. The restorations were so remarkable everyone suggested that I sell my invention on television".



Donna sent samples of her polish to televised shopping channels and both QVC and Home Shopping Network asked Donna to personally appear on TV to demonstrate her product. Within minutes of Donna's first appearance the phones lit up with hundreds waiting on line to place their orders. As soon as viewers saw how effortlessly MAAS removed tarnish, stubborn spots, and stains from the piles of badly oxidized metals on stage - MAAS hit big time. 17,000 viewers called during MAAS' debut and encore performances quickly brought a million dollars in record-breaking sales.

Sheila Oetting in Florida wrote Donna saying, "Thank you, for a wonderful product! Family treasures with 30 years of tarnish, grime and corrosion are gleaming. I'm so thrilled to see the beauty that had been hidden all those years."

Leona Toppel, was about to throw away a brass chandelier. "No amount of elbow grease could shine it up. With very little effort (a big plus since I suffer from arthritis) MAAS made that chandelier look like new. It's been years and to everyone's surprise it's still glowing."

Boeing and McDonnell Douglas tested and approved the polish for use on jet aircraft. The U.S. Air Force, Army, Navy, Coast Guard and Department of Defense worldwide have ordered MAAS. If every branch of our military is using this polish to pass inspection, imagine what it will do for your home.

"MAAS outperforms every cleaning product I've tried," Donna beams with satisfaction. "So if you're as tired as I was of cleaning metals just to see tarnish reappear a few weeks later, MAAS it!"

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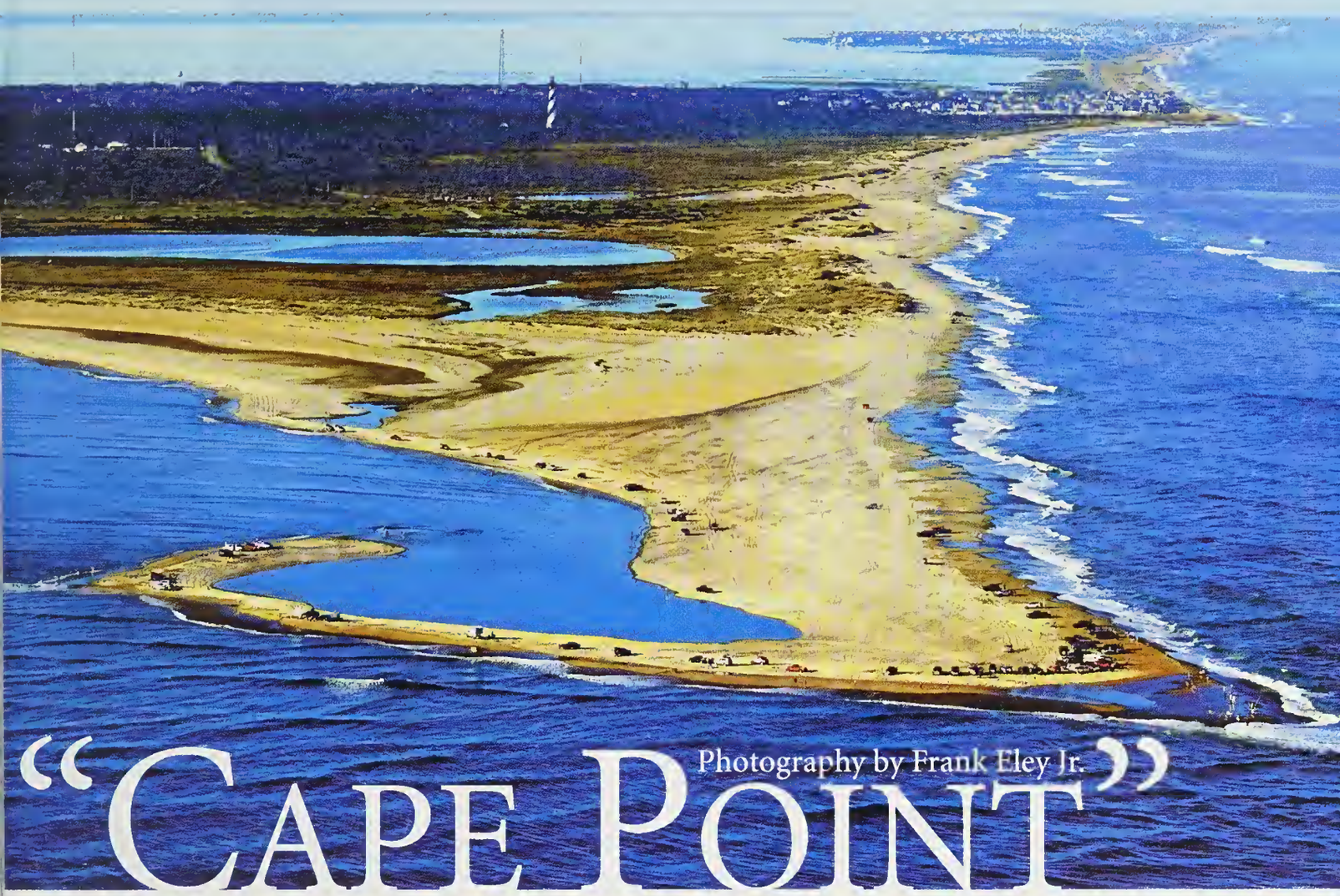

"Cape Point"

Photography by Frank Eley Jr.

This Frank Eley Jr. aerial view of Cape Point, Hatteras Island, looking north toward Buxton and Avon, was published this year by P.R. Hornby Photographic Trust of Avon, N.C. A part-time resident of Avon, Peter Hornby is also a photographer whose photos on the back cover of this print show Hatteras fishing scenes and the Cape Hatteras Lighthouse.

The undeveloped seashore between Hatteras Island villages is part of the Cape Hatteras National Seashore. The National Park Service permits off-road vehicles on beaches in many parts of the national park, including Cape Point, except when nesting shorebirds and other natural resources need protection. Here, vehicles reach the beach by an access road which passes the lighthouse complex and pond (center of photo) before ending at ramps that cross the dunes. The National Park Service is supervising negotiations this year aimed at instituting a plan to manage vehicles on the national seashore beaches.

Copies of this "Cape Point" print are available. Prints on postcard stock measure 12 by 18 inches. They cost $9 each (includes protected, flat shipping) from

P.R. Hornby
P.O. Box 7099
Ocean Park, ME 04063

North Carolina Is A CATFISH PARADISE

These homely-looking fish are easy and fun to catch, and they taste so good

by Mary Syrett

Sometimes the best way to stay unnoticed is to go along quietly, minding your own business—right in front of everybody. Which is the tactic used by some of North Carolina's biggest, tastiest fish that hug the bottom of rivers and reservoirs and thereby stay largely under the radar. If more anglers knew what delicious creatures lurk in the depths of North Carolina's waters there might be a run on fishing tackle at sporting goods stores.

The creature I am referring to is the catfish. Despite an ability to grow to huge sizes and a willingness to chomp many different kinds of bait, cats are accorded respect by too few anglers. Sure, catching a 3-pound largemouth bass or rainbow trout is fun—but catching a 30-pound catfish is even more fun. And on Lake Norman, Lake Waccamaw or wherever in the Tar Heel State, catching a 30-pound monster isn't all that difficult. Furthermore, for every huge catfish that swims in North Carolina waters, many smaller cats are an ideal size as the main ingredient for a fish fry.

Catfish (order Siluriformes) are named for their prominently displayed "barbels"—slender, whiskerlike sensory organs located on the head. They swim in freshwater environments of many kinds, with species found on every continent except Antarctica. Catfish have no scales but do possess a strong, hollow ray in their dorsal and pectoral fins, through which a stinging protein can be delivered when the fish is irritated (which happens whenever they're caught!).

Channel catfish resemble their larger cousins the blue catfish. Both have forked tails. However, channels have scattered black spots along their back and sides. Larger channels over time lose the black spots and take on a blue-black coloration on the back, which shades to white on the belly. The maximum size is about 45 pounds (the world record is 58 pounds, 11 ounces, caught in the Santee-Cooper Reservoir, S.C., in 1964). The fish average 3 to 4 pounds.

Catfish eat aquatic insects, crayfish, larvae, small fish, crustaceans, frogs, freshwater mollusks, and even seeds carried in the water. Contrary to popular belief, carrion is not their usual food. Catfish feed primarily at night using sensory buds located in the sensitive barbels and throughout the skin to locate prey. Although they normally feed on the bottom, catfish also will occasionally feed on the surface and at mid-depth.

Although trolling minnow-imitation lures can attract catfish, more than 99 percent of them are taken on dead or live bait. Chicken livers and gizzards, shrimp, nightcrawlers, red worms, fish belly strips and stink baits are all used as catfish bait, which most anglers send straight to the bottom. But if the bottom is super-weedy, a float can be used to suspend an offering.

If you're boat fishing, anchor above a known catfish hotspot (inquire at local bait shops). Catfish frequently congregate around underwater mounds. Cast and retrieve slowly. Your rod tip will bend as you drag your sinker up the side of a mound. When the rod tip straightens, you are, more than likely, on the ridge of a mound. Prepare for a strike as you slowly work your bait down the side. Keep in mind: catfish are slow eaters, so be patient before setting your hook.

Catching catfish from shore

You don't need a boat to enjoy catfishing. On North Carolina lakes and streams, most anglers fish from shore. Here are some tips:

- Select bank sites near prime catfish holding areas—perhaps a shore clearing near a river's outside bend, a spot beside a pond levee, or a gravel bar adjacent to a deep hole in a small stream. Ideal sites have flat, brush-free banks that make for easy snag-free casting.
- From a river bank, fish different locations and let your bait drift in the current beneath a bobber. Your bait will move naturally downstream, flowing through rapids and settling near catfish holes.
- Keep your line tight. A slack line will bow downstream ahead of the bait, leaving you in a poor position for setting the hook once a catfish does strike.

- Don't let your guard down when landing a big one. A long-handled net can land large fish. If you anticipate catching a fish too big for your net, you'll have to beach it. Use heavy line, keep your drag set, and pull the fish up on land as far as possible before removing the hook.

Where to catfish in North Carolina

The range of catfish locales spans the entire state: ponds, lakes, watersheds, rivers and creeks that have suitable habitat.

Much Tar Heel catfishing today is done in large bodies of water. North Carolina reservoirs have sizable populations of channel, blue and flathead catfish. But these creatures are stream fish by nature. They've adapted to reservoir environments, but they originally lived in moving streams. (That's why they're called "channel cats.") Catching catfish in streams is a North Carolina family tradition that predates construction of dams and reservoirs.

Prime rivers to pursue catfish include the Cape Fear, Roanoke, Tar, Neuse and Yadkin. Bullheads, blues and channels are found in abundance in all these streams.

If you prefer lake fishing, head for Lake Norman, the state's largest impoundment. It harbors several species of catfish, particularly huge blues. The rod-and-reel state-record blue catfish is a 98-pound specimen. The ideal baits for blue catfish are cut shad and live sunfish.

Another catfish hotspot is Badin Lake, perhaps North Carolina's most acclaimed catfish reservoir. Covering 5,300 acres of the impounded Yadkin River, channels and blues thrive here. Night fishing can prove to be especially profitable. Falls Lake, particularly the upper half, is another excellent catfishing locale.

In eastern North Carolina, Lake Phelps is popular for channel catfish, Lake Mattamuskett features lots of white catfish, Lake Sutton is popular for both whites and channels, as is Lake Waccamaw. Lake Chatuge in the western part of the state on the Georgia/North Carolina border impounds 7,000 acres along the Hiwassee River. It is well known for huge channel catfish.

Flatheads are perhaps the ugliest members of the catfish family. But when it comes to tasty fillets, flatheads are tops on the table. The homely critters inhabit many of the state's rivers, creeks and lakes, and can be caught on a variety of baits.

Some words of warning are needed for flatheads. Anglers love the flathead catfish because it's big, puts up a good fight and tastes good. But the flathead is unique among American catfish in that it must eat living fishes or other living invertebrates, including crabs and crayfish. It won't eat plants or any dead material, and you can't catch flatheads with popular catfish baits such as nightcrawlers or chicken liver. The creature's fondness for live food has fisheries officials worried about some native North Carolina fish species, including the redbreast sunfish, white catfish and bullhead species, which have all seen a population decline in areas where flatheads have been introduced.

Channel catfish are found in most North Carolina rivers and lakes. While not much to look at, they always put up a good fight and make for delicious eating. Most weigh in the 10- to 15-pound class.

Flathead catfish are not native to North Carolina; the species was introduced to the state in the mid-1960s as a sport fish. Little did North Carolina officials know then that the flathead would put its carnivorous traits to use in harmful ways. To help control flathead population in the state, anglers can catch-keep-and-eat when they haul in a flathead catfish.

Mary Syrett is a native North Carolina angler who lives in Cary.

Pan-fried Piedmont Catfish

- 2 pounds catfish fillets
- ⅓ cup flour
- 1½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 eggs, slightly beaten
- 1 cup cornmeal
- Cooking oil for frying
- Lemon wedges

Rinse the fish under cold water and pat dry with paper towels. Mix the flour with salt and pepper, then spread the mixture on wax paper. Put the eggs in a shallow bowl and the cornmeal on another piece of wax paper. Dust each fillet in the seasoned flour and shake off excess. Dip a fish fillet in the egg and let excess run off. Then dip fillet in the cornmeal. Warm a platter in an oven set at 250 degrees.

In a large skillet, heat ¼-inch cooking oil. Place your hand over the oil; when you feel heat rising, put the fish in and brown on each side. Don't crowd the skillet; do only a few fillets at a time. Place on a paper towel to drain; then transfer to the platter and continue frying fillets. Serve with lemon wedges.

Carolina Catfish Salad

- 1 pound catfish fillets, cooked and cut into bite-size portions
- 2 medium-size tomatoes, coarsely chopped
- 1 avocado, cubed
- ⅓ cup chopped green onions
- ¼ cup pitted and sliced green olives
- ½ cup Lawry's Classic White Wine Vinaigrette with Chardonnay
- 7 cups torn lettuce

In a bowl, combine fish, tomatoes, onions and olives. Add vinaigrette with chardonnay and toss. Chill one hour. Remove from refrigerator and serve, tossed with lettuce.

Why can't we recycle yogurt containers?

Some dairy products like yogurt come in packages of low recyclabilty, labeled "5," which many towns won't take. The ability to recycle a plastic item rests with many factors, including its material, its usability in new products, and whether or not a market is in place for the materials.

Recycling "5" polypropylene is technically possible. The challenge is in separating it from other plastics. Because of the difficulty and expense of sorting, collecting, cleaning and reprocessing, in many places it is only economically viable to recycle a few types, such as polyethylene terephthalate (PETE, "1"), high-density polyethylene (HDPE, "2"), and sometimes polyvinyl chloride (PVC, "3").

Polypropylene is a "thermoplastic polymer," with density and resins that give it a high melting point, able to tolerate hot liquid without breaking down. It is used in food packaging applications in which the product initially goes into the container hot or is later microwave heated in the container. It is also used to make bottle caps, computer disks, straws and film packaging. Its toughness, strength, ability to be a barrier to moisture, and resistance to grease, oil and chemicals also make it a very attractive material for many uses.

Alternatives to polypropylene and other plastics are being developed. NatureWorks, a division of Cargill, has developed a corn-based plastic called polylactic acid (PLA). While it looks and functions like other plastics PLA is fully biodegradable, given that it is derived from plant-based materials.

A handful of natural foods companies and retailers are already using corn plastic, though not yet to replace heat-resistant polypropylene. Even Coca-Cola has started experimenting with replacing its traditional plastic soda bottles with a corn-based alternative. And last October, as part of its "green" overhaul, Wal-Mart announced it would replace 114 million plastic produce containers a year with PLA varieties, sparing about 800,000 barrels of oil annually.

To learn more: NatureWorks, www.natureworksllc.com; Metabolix, www.metabolix.com; The Society of the Plastics Industry, www.plasticsindustry.org.

Are mothballs safe?

Even though they are not as popular as they once were, mothballs are still used by many people to keep stored clothes, furniture and carpets free of hungry pests like moths. But the very ingredients that make mothballs so effective as household pesticides—namely naphthalene or paradichlorobenzene (PDB)—also make them dangerous to any person or animal who breathes the fumes or ingests them directly. Such chemicals are often listed as primary offenders when household air is tested for indoor air pollution.

Exposure to naphthalene or PDB can induce nausea, vomiting, headache, coughing, burning eyes and shortness of breath. These chemicals, which are also found in some dry cleaning agents as well as household air fresheners and solid toilet-bowl deodorizers, have been found to nearly double the risk of non-Hodgkin's lymphoma—a cancer of the blood—for those who come into frequent contact with them.

Food containers like these, along with many other kinds of plastics, may soon be made mostly from corn and other plant-based materials.

So what to do? For starters, removing all mothballs and their flakes is a good first step. Experts suggest donning gloves and perhaps a mask before manually removing mothballs. Affected clothing can be machine-washed and dried several times, preferably on high heat settings. If the smell of mothballs continues to linger, iron the clothes with high heat settings, which tend to break down the active chemicals. Sunlight also breaks down naphthalene and PDB, so leaving any affected items outside on hot sunny days may also help.

Carpets and upholstery co-mingled with mothballs should be vacuumed thoroughly, and the vacuum cleaner bags emptied immediately outdoors. If the mothball smell lingers, a professional cleaning might do the trick, although such services can introduce other harmful chemicals, such as the carcinogen perchloroethylene, into the household as well. After any kind of mothball removal effort, the cleaned house or closet should be aired out, ideally with one or more fans blowing as much fresh outdoor air through as possible.

As to alternatives for keeping moths and other critters away from clothes and other valuable fabrics, Care2.com's green home guru and author Annie Berthold-Bond suggests using homemade sachet pillows filled with a dried herb mixture combining two parts each of rosemary and mint, one part each of thyme and ginseng, and eight parts whole cloves. The herbs can be mixed and combined in the center of a bandana or handkerchief that is then tied with a ribbon and placed among the stored items.

To learn more: U.S. Environmental Protection Agency (EPA) Napthalene page, www.epa.gov/ttn/atw/hlthef/naphthal.html; PlanetNatural Moth-Away page, www.planetnatural.com/site/moth-away.html.

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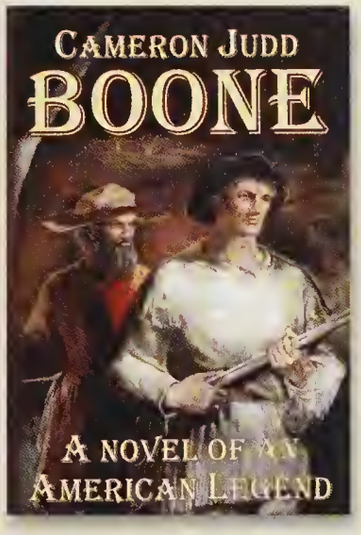
bookshelf

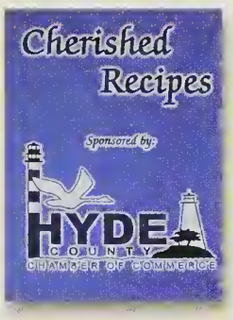
Daniel Boone book



Daniel Boone's life was marked by destiny and contradiction. Born of Quaker stock, he was peace-loving yet a celebrated warrior. Inclined by temperament to mind his own business, Boone was called into leadership many times. In "Boone: A Novel of an American Legend," author and History Channel commentator Cameron Judd interweaves research and facts of Daniel Boone's life with a story crafted from history and imagination. Published by Ingalls Publishing Group in Boone. Softcover, 345 pages, $16.95.

(828) 297-7127
www.ingallspublishinggroup.com

Hyde County cookbook



"Cherished Recipes" cookbook offers a selection of favorite local recipes from appetizers to main dishes, beverages to desserts, and breads, soups and salads. From mainland Hyde County to Ocracoke Island, many of the recipes have been passed down from generation to generation. "Cherished Recipes" also includes a calorie counter, plus an herbs and seeds summary. The cookbook is $10, along with $3 for first-class postage and handling. Send your check or money order to the Hyde County Chamber of Commerce, P.O. Box 178, Swan Quarter, N.C., 27885. Published by Fundcraft Publishing in Collierville, Tenn. Spiral-bound, 111 pages.

(888) 493-3826
info@hydecounty.org

Memories of Wrightsville

"Wrightsville Beach: The Luminous Island" is an homage to its heart and history. Author and columnist Ray McAllister shares a range of stories. Chapters include "The Mystery of the Blockade Runner," "The Storm of 1899," "Shell Island: A Separate Paradise," "Wrightsville Today" and "Modern Day Treasures." The book also examines, through stories and black and white photographs, the fabled Lumina pavilion, big bands, beach trolleys and more. Softcover, 243 pages, $13.95. Published by John F. Blair in Winston-Salem.

(800) 222-9796
www.blairpub.com

Great Smoky Mountains hikes

This updated, revised edition includes 31 day hikes and 10 overnight hikes, with at least 15 treks in North Carolina. Hikers can choose from out-and-back hikes such as Sutton Ridge Overlook, loop day hikes such as Smokemont, and overnight loops such as the profile for Fontana Lake. Each trail listing offers information on what to expect and rates each hike for scenery, difficulty, trail condition, solitude and accessibility for children. The guide also includes trail maps, elevation profiles and directions. Written by Johnny Malloy, "Day & Overnight Hikes: Great Smoky Mountains National Park" is published by Menasha Ridge Press in Birmingham, Ala. Softcover, 132 pages, $12.95.

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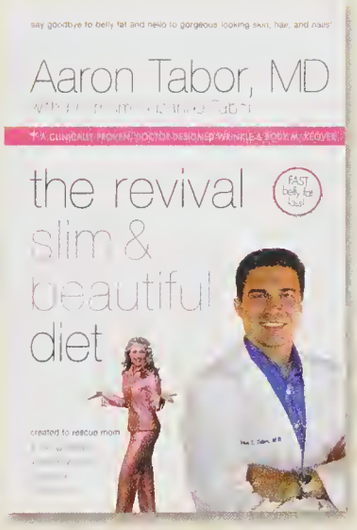
"The Revival Slim & Beautiful Diet"



Suzanne Tabor was experiencing an expanding waistline, dull hair, low energy and hot flashes, and she turned to her son, Winston-Salem physician Aaron Tabor, for help. Dr. Tabor ultimately designed a diet to help people lose weight and also improve skin, hair and nail appearance. In their co-written book, chapters look at laws of accelerated weight loss, with titles such as "The Ten Psychological Commandments of Permanent Weight Loss," "Put a Tiger in Your Tank—Energize Me" and "Escape Your Hormonal Hades, the Valley of Dry Bones and a Broken Heart: Soy Meets Girl." The book includes resources such as study references, daily eating pattern templates, diet devotions and upbeat jokes and sayings. Published by Thomas Nelson in Nashville, Tenn. Hardcover, 216 pages, $24.99.

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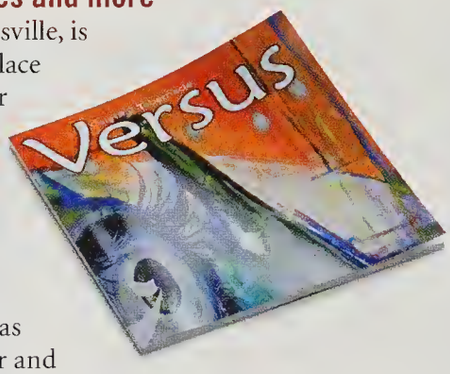

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You can receive several free travel brochures in your mailbox from VisitNC.com, including the official 2007 Travel Guide, an events calendar and a golf guide. You may order them individually or all of them as a package. You can download them off the Web site as well. The site offers online videos on hang-gliding, paddling and mountain biking, slideshows of the Piedmont, Coast and Mountains regions, vacation ideas and a list of visitors and tourism bureaus across North Carolina.

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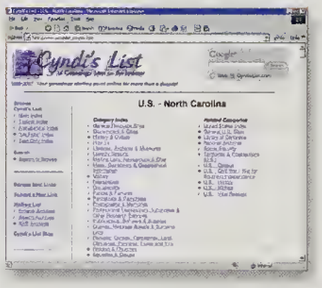
N.C. genealogy sites



A comprehensive Web site called "Cyndi's list" contains a multitude of genealogy links and resources for tracing family history. The North Carolina home page provides categories such as Occupations, Religion and Churches in North Carolina. Within topics, there are long lists of links to North Carolina sites such as libraries, census, land, cemetery, tax and military records as well as family history centers and map sites, many specific to locale. Link titles range from American History and Genealogy Project and North Carolina Newspapers to Looking 4 Kin and Carolina Cuzins. The link to Southeast USA Genealogy covers genealogy research in North Carolina, South Carolina, Georgia, Alabama, Mississippi, Florida and Tennessee.

www.cyndislist.com/nc.htm

Sherry's art

North Carolina artist Sherry Tipton has prints available online. The Rutherford EMC member says she "began reading and trying to draw the beautiful pictures in Carolina Country magazine as a little girl." Her Web site offers more than 30 categories of topics, including Down South, Famous People, Pen and Ink, Watercolors and Mythology. Print titles include "Belle Dance," "Mom's Birds," "Legs," and "Brother and Sister." Prices for prints range from $40 to $200.

firstnytimbry@yahoo.com
www.yessy.com/firstnytimbry

Children's museums

North Carolina is blessed with a variety of kid-friendly museums. At Fascinate-U Children's Museum in Fayetteville, children shop at the Gro-Right Grocery & Deli, respond to calls at a 911 Emergency Dispatch Center and give the weather forecast. At the North Carolina Estuarium in Washington, children can view more than 200 displays on science, nature, art and history. Kids can see, hear and touch many exhibit features there, and gadgets and bright colors make a visit fun and educational. Other children's museums include KidsSenses in Rutherfordton, SciWorks in Winston-Salem, Discovery Place in Charlotte and Kidzu in Chapel Hill.

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www.fascinate-u.com
www.ncmuseums.org/county.html

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YOU KNOW YOU'RE FROM Carolina country if...

...instead of mowing the yard, you just moved your goat.

Jay Honeycutt, Sophia

From Jay Honeycutt, Sophia

... The house you grew up in had holes in the walls big enough to throw a cat through.

From Bill Hinton, Mebane

... You remember when drinks went to 6 cents.

... You remember when $3.50 would fill your gas tank.

... Everyone ate at home.

... Your date had to be home at 10:30 sharp.

... Only one older lady in the county could remove warts with a straw, and it would not work.

... Males drank Pepsi and females drank Coke.

... You found a still and knew enough to keep your mouth shut.

From David Harris, Mocksville

... After the first frost you helped Mama pick up simmerns to make a puddin.

... For dinner you had beans and taters, for supper you had taters and beans.

... When the weather warmed up, your daddy would take you sucker giggin'.

... When a stranger would stop and ask Granddad for directions, he would point and say, "It's down yonder a piece."

From Kay Simmons, Mt. Airy

... You've been fishing at the Yadkin River all night long.

... Your favorite dog is the German shepard.

... You have a honey bee tree and walnut tree in the yard.

... Breakfast and dinner was a pot of pintos.

... Your toys were made from crooked sticks and old tires.

... You know that reaching tobacco means no tobacco tier.

... You sat in the garden with a box of salt, eating tomatoes.

... You know what mustard dines are.

... You're used to being stuck by briers.

From Hazel Hall, Roseboro

... Cabbage and potatoes are called "Weak Trembles."

... It was time to go barefoot when you heard the first whip-poor-will.

... You know the first frost is three weeks away when the first dog fennels bloom.

... You searched in the woods for fat lightard to start the morning fire.

... Your daddy dug a big shallow hole in the ground and drove sticks in the ground around the hole and stretched a piece of fence over it. He built an oakwood fire nearby and shoveled red coal into the hole, then laid a butchered hog on the fence to barbeque.

From Carlye Kearns, High Point

... You rubbed Raleigh's Liniment on rheumatism.

... Before going on a date, you had to round up the cows for milking and bring them to the barn, and you couldn't get the smell off your hands.

... You saved grease from anything fried to use for seasoning vegetables.

From Joyce Futch, Smithfield

... Granny could heal your scratched knee by paintin' it with iodine she kept behind the clock on the mantel.

... Your neighbor would "coast in home" by gaining up speed, then turning off the engine of the car.

... Daddy hand-cranked the Model T, and you knew you were going to church, town or Granny's.

... On the Easter Monday holiday from school you lay on a padded toe sack picking tiny weeds from the tobacco beds and singing "Here Comes Peter Cottontail" and "In Your Easter Bonnet."

... You clipped out Blue Horse heads from the wrapper of school notebook paper hoping to save enough for a big prize.

... You and your date rode around on Sunday afternoons listening to the radio for your special song request on the program called "Dedicated to the One I Love."

From Laura Shoemaker-Atwell, Statesville

... You went to the Tastee-Freeze for a shake.

... Muscadine wine was called Tylenol.

From Gerald Yates, Mt. Gilead

... Your mama made gravy out of every kind of meat: fatback gravy, Banner sausage gravy, pork gravy and hamburger gravy.

... You thought if you put a piece of coal in the ground you could come back in 10 years and see the coal turned to gold.

... Your grandma sent three coal sacks to your house: one containing coal, another containing wood, and the third containing potatoes.

... Your mama took in sewing and ironing.

... Your mama made you wash the soot off the walls when company was coming.

... Your neighbor built a 10-foot chicken wire fence and threw her two boys in it along with two bottles of milk and a sack of cookies.

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From Dwight Murray, Pembroke

... You pulled weeds out of your uncle's bean fields so you could go swimming in Lumber River.

... You drank from an overflow at Burleigh's Landing or Brook's Landing.

... You picked cucumbers for 50 cents a bucket.

... You got shotgun shells for Christmas.

... You tune your TV by hitting it on the side or turning the outside antenna by hand.

... During the fall you couldn't wait to get off the school bus so you could ride in the corn trailer pulled by a one-roll harvester that was pulled by the tractor.

From Derwin Trigleth, Swansboro

... You know what it means when you hear, "It's blowing so hard it's peelin' the green!"

... You know that moonbeams are the uppermost tier poles in a tobacco barn.

... You know what people mean when they tell you to "get shed" of something.

... You know how dull a knife, hoe or ax is if it's "duller than a fro."

... Hearing the first whip-poor-wills in the spring tells you that killing frosts are past.

... You look forward to Good Friday so you can plant the garden.

... You walk along Bogue Banks and watch the sun set in the ocean.

... You cut marsh grass to put on tobacco beds.

... You go in the woods and cut long stems of hog briars or saw briars, shove them up in hollow trees and twist them to tangle in possums fur to pull the possum out.

... You played on and in the WWII gun emplacements on Bogue Banks and Core Banks.

... You can walk out in your backyard and catch clams, scallops, crabs and fish for supper.

... You know that Bettie, Stacy and Otway are not only your neighbors, but also the names of Down East communities.

... You know what folks mean when they take asburns, gather chicken aigs, put awl on bicycle cheens, catch turkles, watch for the partial post man, and talk about seption tanks.

... You know someone is really hard of hearing when they are deafer than a conch.

... You go to play in the corn crib in the barn and you are told not to bother the snakes because they are there to catch mice.

... You watched the tobacco report on WNCT Channel 9 and heard Eck Wall call out, "Hang that one on the line!"

... You lay on the floor in front of the TV and sang the "Frosty Morn" jingle to the three little pigs dancing across the screen.

... If you kill a snake you make sure he is laying belly down so it won't rain.

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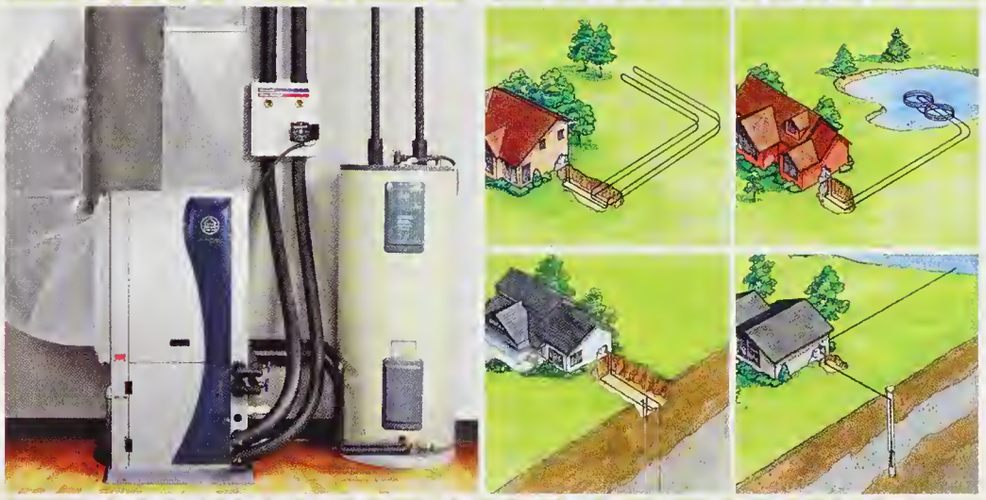

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Getting To Know.

John Coltrane

Born: September 23, 1926 in Hamlet

Known for: Influential American jazz saxophonist and composer

Accomplishments: Through his musical creativity, craft and ingenuity, John Coltrane reshaped jazz music. Coltrane began his musical journey playing the alto horn and clarinet in the community band in High Point. He moved to Philadelphia, enrolling in the Ornstein School of Music and Granoff Studios. There he gained exposure to challenging musical compositions, including the jazz he heard on the radio and jukeboxes, and switched to his signature instrument—the saxophone. In 1945 Coltrane was drafted and played in the Hawaii-based Navy band earning the nickname, "Trane."

After leaving the Navy in 1946 Coltrane played with other jazz legends, including Dizzy Gillespie and Duke Ellington. His musical career spanned a little more than two decades but has influenced countless musicians since.

The Saint John Coltrane African Orthodox Church in San Francisco recognizes John as a saint, using Coltrane's music in services and his lyrics as prayers. In 1992, he was posthumously awarded the Grammy Lifetime Achievement Award. He also received a posthumous Special Citation from the Pulitzer Prize Board in 2007.

Do You Know...

Male seahorses can get pregnant and give birth to baby seahorses. The trait is unique in fish that inhabit tropical and temperate coastal waters worldwide. Seahorses, which range from less than an inch to a foot (one to 30 centimeters) in length, have evolved unusual adaptations—a prehensile tail for clinging to underwater vegetation, a tube-like mouth for sucking in tiny crustaceans, and protective bony plates in their skin. There are 32 species of seahorse, all in the genus Hippocampus. In the wild, few seahorse offspring survive to adulthood. This low survival rate, paired with an increase in seahorse collection and deteriorating habitats, makes conservation efforts critical to seahorse survival. You can view live seahorses at the Museum of Natural Sciences in Raleigh and at all three North Carolina Aquariums at Pine Knoll Shores, Fort Fisher and on Roanoke Island.

Field Trip Fun

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Exploris brings the adventures and stories the world has to offer to North Carolina. Located in downtown Raleigh, the museum is an interactive experience demonstrating connections between people of the world through culture, global trade, communications and environment exhibits. Exploris' exhibits feature "People and Places," discussing the world's geography and cultures; "Many Voices," exploring the power of communication and showcasing a piece of the Berlin Wall; "Living in Balance," exploring water and related environmental issues; "Trade Works," examining products and their global connections; and "One Voice: From the Pen of Anne Frank," discussing her life and impact on the world. The IMAX 3D Theater seats 267 people and gives audiences a high-resolution, colorful view of the world's adventures and treasures. For more about upcoming exhibits and IMAX movies, visit www.exploris.org or call (919) 834-4040.

classroom chuckle

Teacher: Can someone give me a sentence using the word "archaic" in it?

Student: We can't have archaic and eat it, too.

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digit DETECTION

A	U	G	U	S	T
9	9	9	9	9	9
8	8	8	8	8	X
7	7	7	7	7	X
6	6	6	6	6	6
5	5	5	5	5	5
4	4	4	4	4	4
3	3	3	3	3	X
X	2	2	2	2	X
X	1	1	1	1	1
X	0	0	0	0	0

Each letter in AUGUST stands for a digit. Given these simultaneous equations can you find the value of AUGUST?

$(AU)^2=GUST$ $A+S=T$ $G-U=S$

Use the grid to eliminate impossibilities; i.e., no number less than 32 has a four digit square; therefore A is greater than 2. No square ends in 2, 3, 7 or 8; therefore T is not 2, 3, 7 or 8.

Scrambled Sudoku

	1	2	3	4	5	6	7	8	9
A	R	S		M		B		A	D
B			L						
C	M								R
D			M	E		A	B	D	
E					C				
F		R	B			L	M		
G	C								E
H							R		
I	B	M		R		D		C	S

Arrange the 9 letters in SCRAMBLED so that each letter appears only once in each column, each row and each 3 x 3 square.

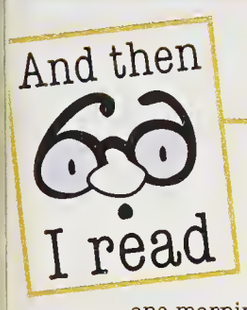
What's In A Name

In our June issue we asked readers to tell us some unusual names of businesses they have spotted around our state. As examples, we cited the ***Lost Sock Laundromat*** in Hendersonville and the ***It Don't Matter cafe*** in Statesville. (Where would you like to eat tonight, honey?)

Heather King of Mount Olive nominates ***Boondoggles Restaurant*** in Goldsboro. Cheryl Meyers reports that ***Scallywag's Furniture Consignment*** and ***Can't Find It Inn*** can both be found in Waynesville.

Belva Weeks of Manteo tells us of ***Dirty Dick's Crab House*** at Nags Head, and, in Kill Devil Hills, ***Bob's Grill, Eat and Get the Hell Out.***

And the Asheville phone book lists a business named ***For-Sale-By-Owner!***



Final Ride Products. It's a business based in Fayetteville. The inventor, owner, operator and promoter sells mobile cremation urns and memorial urns.

Steve Radz, a master mechanic, says he got the idea about 2 a.m. one morning. "I just saw in front of me a motorcycle tubular cremation urn."

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If it were up to me, I think I'd call it You-Tube.

M	A	T	C	H
B	O	X	E	S

3 9 7 4 6 8

S U A G T D

x 2 M

Solve this multiplication problem and write your answer in the boxtops (one digit in each box). Then match boxes to find the hidden word in your answer.

For answers, please see page 34.

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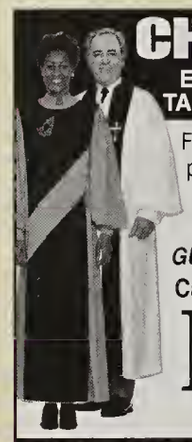

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A	R	S	B	C	M	D	E	L
L	D	B	A	R	E	M	C	S
R	B	E	C	S	D	A	S	M
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D	C	L	M	A	S	C	B	R

August Events

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www.historichendersonville.org

Tater Hill Paragliding Open
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www.flytaterhill.com

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www.horninthewest.com

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www.flatrockplayhouse.org

Music on Main Street
Fridays through Aug 24, Hendersonville
(800) 828-4244
www.historichendersonville.org

Hot Nights & Hot Cars Cruise-In
First Sat. through Oct. 6, Pilot Mountain
(336) 368-4850

"West Side Story"
August 1–6, Banner Elk
(828) 898-8709

Quilt Show
August 3–5, Asheville
(828) 665-2492
www.main.nc.us/AQG

Merle Haggard Concert
August 7, Spindale
(828) 286-9990
www.foundationshows.org

Gospel Singing Jubilee
August 10–11, Boone
(828) 262-6603
www.thegreenesgospel.com

Cruso Quilt Show
August 24–25, Canton
(828) 235-8111

Storytelling Festival
August 25, Blowing Rock
(828) 295-5099
www.traditionspottery.com/events.html

Vintage Rods& More Display
August 25, Linville
(828) 963-2723
www.grandfather.com

Fine Arts & Mastercrafts Festival
August 25–26, Banner Elk
(828) 898-5605

PIEDMONT

Farmers Market
Through Oct. 27, Wake Forest
(919) 556-1579
www.wakeforestmarket.org

Nashville Star Tour
August 3, Fayetteville
(910) 438-4100
www.crowncoliseum.com

Free Day at Botanical Garden
August 4, Fayetteville
(910) 486-0221
www.capefearbg.org

Early 19th Century Etiquette
August 4–5, High Point
(336) 885-1859

Pan for Gold!
August 4 & 18, Huntersville
(704) 875-2312
www.lattaplantation.org

Greek Festival
August 7–9, Fayetteville
(910) 484-2010
www.stsch.nc.goarch.org

Hosiery History for Youths
August 7 & 16, High Point
(336) 885-1859

Farm Toy Show
August 10–11, Burlington
(336) 584-9829
www.auctionsbycreekside.com

Sunfest—Hometown Family Fun Day
August 11, Mebane
(919) 304-6019
www.downtownmebane.com

Entertainment After Five —Breakfast Club Band
August 16, Fayetteville
(910) 485-5233
www.fayettevillemuseumart.org

Summer Night Stroll
August 17, Lexington
(336) 249-0383
www.uptownlexington.com

Junker's Mill Concert
August 18, Mocksville
(336) 751-2259

Beach Blast
August 18, Fayetteville
(910) 476-1967
www.fayettevillemotorspeedway.net

World Wrestling
August 20, Fayetteville
(910) 483-4100
www.crowncoliseum.com

Fourth Friday Arts Walk
August 24, Fayetteville
(910) 323-1776
www.theartscouncil.com

Daniel Boone Family Festival
August 24–25, Mocksville
(336) 751-3304
www.danielbooneanniversary.com

Umoja African-American Festival
August 25, Fayetteville
(910) 488-7130

Airborne Day Celebration
August 25, Fayetteville
(910) 483-3003
www.asomf.org

Civil War Reenactment
August 25–26, Statesville
(704) 873-5976
www.iredellblues.com

Fireman's Day
August 25, Youngsville
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Civil War Infantry
August 25–26, Huntersville
(704) 875-2312
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Gem, Mineral & Jewelry Show
August 31 through Sept. 3, Raleigh
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CAROLINA COUNTRY adventures

Above: New Hanover County contains one of the few remaining habitats for the endangered Venus flytrap.

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New Hanover County

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www.gocapefearcoast.com
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New Hanover County is mostly surrounded by water: the Cape Fear River makes up its western border, flowing toward the Atlantic Ocean on its southern and eastern sides. The county, cut from a Craven County tract to the north in 1729, claims just 219 square miles of land, the smallest acreage in the state. But on those 219 miles, visitors have a plethora of sights to see. The city of Wilmington's footprint encompasses the majority of the county's land, along with 31 miles of island beaches. Annual events such as the North Carolina Azalea Festival in April and Riverfest in October bring visitors in from across the Southeast. But the county isn't just a festival waiting to happen—history, nature, shopping, fishing and beaches offer a year-round adventure.

Wilmington's historic district offers more than 230 blocks of historic homes such as the Burgwin-Wright Museum House and Gardens and the Latimer House; museums such as the Cape Fear Museum of History and Science and the Children's Museum; music at the historic Thalian Hall Center for Performing Arts; shopping along the Riverwalk; and entertainment at the many restaurants and pubs. Snakes and other reptiles are on full display at the Cape Fear Serpentarium, while the Tregembo Animal Park offers 10 acres of exotic animals in a zoo setting.

If nature is to your liking, the county offers 54 parks, gardens and lakes. The 250-acre Greenfield Park & Gardens can be seen on foot, bicycle or by a 5-mile scenic drive. New Hanover County contains one of the few remaining habitats for the endangered Venus flytrap, with one of the best viewing spots on the half-mile loop at Carolina Beach State Park south of Wilmington.

Three top spots:

Beaches: Wrightsville Beach and the Pleasure Island towns of Carolina Beach and Kure Beach have been favorite family destinations for generations. Each offers a unique beach experience. Wrightsville Beach accommodations range from resorts to small cottage rentals, as well as the all-concrete Johnny Mercer fishing pier and plenty of shopping. Masonboro Island, the largest undisturbed barrier island on the southern N.C. coast, can be found on the southern end of Wrightsville Beach. Carolina Beach is in the midst of a boardwalk revitalization. The town also features a marina for fishing and pleasure boats. Kure Beach continues to welcome families looking for a slower vacation pace. Still just a one-stoplight town, visitors enjoy the beach, the locally-owned dining and the fishing from the Kure Beach pier. Fort Fisher lies just south of Kure Beach. The state park area features a Civil War fort and museum, a beach recreation area, and the N.C. Aquarium at Fort Fisher.

Airlie Gardens: Historic Airlie Gardens features Gilded Age gardens and lakes on 67 acres. Visitors can enjoy birding trails, nature hikes, or just wandering around among the azaleas and camellias, as well the 485-year-old Airlie Oak. The gardens are open year-round. Admission is charged. (910) 798-7700; www.airliegardens.org.

Battleship NORTH CAROLINA: You can tour the most-decorated US battleship of WWII (15 battle stars). When commissioned in April 1941, this battleship was considered the world's greatest sea weapon. She found her final mooring berth in the Cape Fear River in 1961. The self-guided tour of this 728-foot floating city includes nine decks, the bridge, crew quarters, sick bay and the engine room, as well as a float plane on the main deck. You even see where sailors got a shave and a haircut and watched movies to pass the time. Admission is charged. (910) 251-5797; www.battleshipnc.com.

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Cross Stitch Workshop
August 9, Beaufort
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www.beauforthistoricsite.org

Crepe Myrtle Festival
August 11, Scotland Neck
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www.townofscotlandneck.com

Pine Needle Workshop
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www.beauforthistoricsite.org

OBX Beach Music Festival
August 19, Roanoke Island
(252) 475-1500

Boat Model Demo
August 23, Beaufort
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www.beauforthistoricsite.org

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Through August 10, Brevard
(828) 884-2787
www.lcarts.org

Professional Baseball Clubs
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Kings Mountain
(704) 739-1019

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www.charlottemuseum.org

Flag Journey to North & South Pole
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(704) 568-1774
www.charlottemuseum.org

Faith and Community Action
Through Aug. 5, High Point
(336) 883-3022
www.highpointmuseum.org

Surviving the Great Depression
Through Aug. 25, Charlotte
(704) 568-1774
www.charlottemuseum.org

Granville Talent on Parade
Through August, Oxford
(919) 693-9706

Wild Music: Sounds & Songs of Life
Through Sept. 16, Raleigh
(919) 733-7450
www.naturalsciences.org

"Brooklyn to Biddleville:" Neighborhood Histories
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www.charlottemuseum.org

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www.themintmuseums.org

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Through Dec. 31, Marshville
(704) 517-5622

Buffalo Nation: Plains Indian Cultures
Through Dec. 31, Gastonia
(704) 866-6923
www.schielemuseum.org

Call to Duty
Through April 2008,
Fort Bragg
(910) 432-3443
www.bragg.army.mil/18abn/museums.htm

North Carolina in the American Revolution
Through June 2008, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

COAST

Coastal Creativity—Mixed Media Art Show
August 2–29, Roanoke Island
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By Carla Burgess

Tool renewal

Late summer is a good time to restore a keen edge to your cutting tools. A mill file is indispensable in sharpening shovels, trowels, shears and spades. Available for about $10 at a hardware store, a good, all-purpose file is about an inch wide and 10 inches long. You can use a stationary bench vise or C-clamp to hold tools steady while you work. Before sharpening tools, remove any dirt or gunk from blades. Rubbing alcohol or turpentine will dissolve stubborn sap. A wire brush will dispatch dirt and rust. An electric drill with a sanding-disk attachment can remove heavy rust. When sharpening tools, the goal is to maintain the blade's original angle or bevel. Use sweeping, single strokes away from your body, not short, back-and-forth sawing movements. For specific sharpening techniques for all kinds of tools, download the Cornell Cooperative Extension publication "Caring for Your Tools" at http://ecgardening.cce.cornell.edu/PDFs/Caring for Your Tools.pdf.

Dividing irises

To alleviate overcrowding and invigorate blooming, lift and divide irises every three to five years. July and August are the best months for this task. Unearth entire clumps with a garden fork, shovel or sharp spade and shake off excess dirt. Cut leaves back by one-half to one-third. Using a sharp knife, cut the rhizomes (rootstock) into sections, with each new transplant including a "fan" of leaves, a few inches of firm, plump rhizome and several roots. Discard outer sections of rhizome and any small pieces. (Be on the lookout for any holes in the rhizomes. These are signs of borer caterpillars, a common iris pest that tunnels through rhizomes. Remove caterpillars with a knife, and discard heavily infested rhizomes.) To replant irises, dig a shallow hole, mound the soil in the center and spread roots downward around it. Plant so that the top of the rhizome is visible at the soil surface. Don't fuss over the process of division. Like daylilies, irises are as tough as oxen.

A southern star

The Texas star hibiscus may be named for the Lone Star State, but this scarlet-flowered beauty is actually native to swamps and marshes of the Southeast. An easy-care perennial with a tropical look, *Hibiscus coccineus* is a tall, erect plant (6 to 8 feet) with multiple stems and deeply divided leaves. The large, elegant flowers are five-petaled and 6 inches across. *H. coccineus* performs best in full sun and in average to wet (even submerged) garden soils from summer to fall. It is hardy throughout North Carolina. Be warned that your neighbors may look askance at the leaves, which to the untrained eye resemble those of *Cannabis sativa*. To find local sources of plants or seed, contact the North Carolina Botanical Garden at (919) 962-0522, or peruse the list of native plant vendors at http://ncbg.unc.edu/pages/48.

Watermelons are ready to pick if you hear a dull thud when you thump the skin.

Hort shorts

- Cut leggy stems of petunias back by half to encourage new blooms.
- Empty and change water in bird baths, pets' water bowls and potted plant saucers every two to three days to discourage growth of mosquito larvae.
- Pay special attention to drought conditions around shrubs and trees planted the previous spring—give them a deep soaking once or twice a week. Use a soaker hose or run an open hose at a trickle to allow water to sink in slowly.
- Harvest cantaloupes when the fruit slips easily from the stem when tugged gently. Watermelons are ready if you hear a dull thud when you thump the skin.
- Pick ornamental gourds after they have fully ripened on the vine—the shell should be hard and the vine withered. Leave several inches of stem on the gourd.
- Zinnias, cosmos and dahlias make beautiful, long-lasting cut flowers. Cut in the a.m. hours. Remove any leaves that will be underwater before putting the stems into your vase.

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Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

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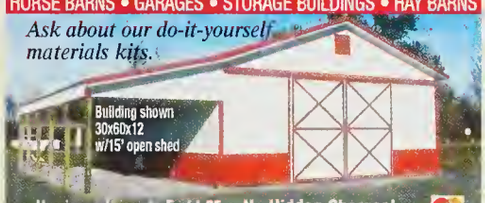

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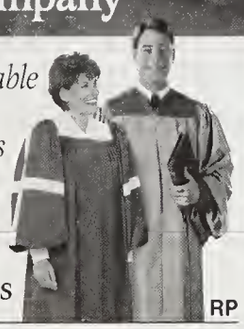

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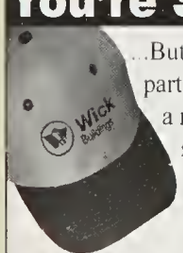

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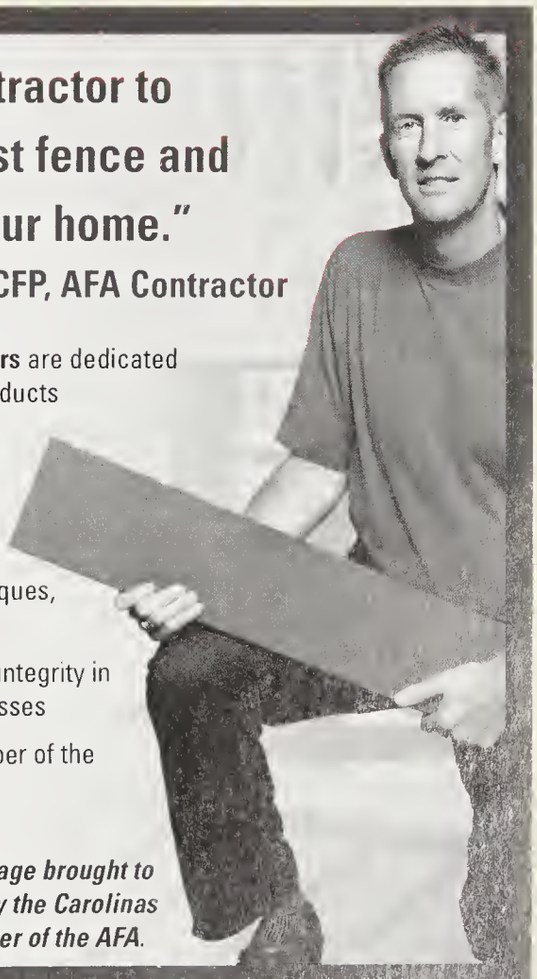

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By James Dulley

Efficient alternatives to wood doors

Real wood doors are attractive but they require regular maintenance. Unless you maintain it properly, the finish may eventually break down and the door will begin to absorb and lose moisture with seasonal changes. When this happens, it may warp and allow air leakage. Also, solid wood is a good insulator, but not as good an insulator as a foam core.

You have two basic efficient front-door options that simulate the appearance of real stained wood without the regular maintenance required. These are insulated fiberglass and insulated, stainable steel doors. Both of these will be more energy efficient over the long-term than a typical wood front door. The amount of regular maintenance required is minimal.

Insulated, stainable steel doors are sometimes the most energy efficient overall because they can use refrigerator-type magnetic weather stripping. Even if the weatherstripping begins to wear a bit over time, the magnetic attraction holds it tightly against the steel door skins. As the temperature changes, steel also expands and contracts less than fiberglass, which eliminates bowing. Another advantage of steel is the security it provides against break-ins.

When it is new, fiberglass door weatherstripping seals almost as well as magnetic seals on steel doors. Most fiberglass doors use a flexible or compression type of seal. Some are foam-filled with a durable exterior covering to increase the durability. Fiberglass doors are often designed with removable weather stripping to help the staining and finishing of the door. This also makes it simple to replace the weatherstripping if it gets damaged. Replacement weather stripping is relatively inexpensive.

If you are concerned about the appearance, an insulated, stainable fiberglass door would be a good choice. The stainable finish on a steel door looks good, but the deep graining in the skin on a fiberglass door is more realistic. When it is stained, it is difficult to distinguish from wood. Several fiberglass door manufacturers offer a limited lifetime warranty.

The surface of a fiberglass door is stained similarly to a real wood door. Unless you actually touch a properly stained fiberglass door and feel how lightweight it is, you would think it is real wood.

All of the major fiberglass door manufacturers offer complete staining kits. The typical wood colors are available. These kits include cans of the stain and the top coat, a brush, rag, bottle of cleaner, gloves and several pieces of fiberglass on which to practice the application procedure. Practice first, because doing it properly is an art. If the finish dulls over time, just apply another clear top coat.

The actual design of most insulated fiberglass doors is similar. The fiberglass skins are separated by wood rails and stiles that provide strength around the edges. Fibertec uses a strong fiberglass inner framing instead of wood for additional durability. Once the door is completed, its interior cavity is filled with polyurethane foam insulation. As it is injected into the door cavity, the foam expands inside the door to eliminate any open interior voids.

This simple fiberglass door has a dark stain and is covered by a storm door. The grain and detail in the door make it look like real wood.

Most people prefer some type of glass in a front door. Adding it can sometimes more than double the price of the door. No matter what type you select, glass usually reduces the overall insulation value of the entire door, as well as its security. Select an insulated door with as little glass as possible. If you want glass, be sure to order low-e double panes as the minimum quality for efficiency.

Clear triple-pane and spectrally selective glass are also available. The latter controls the type of light that gets through. Most decorative glass—beveled, etched or leaded—is actually triple-paned with the decorative pane in the center. The center decorative pane is often made of tough plastic. This adds efficiency by creating two insulating air gaps, and it improves security.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer fiberglass entry doors:

Fibertec Windows (888) 232-4956
www.fibertec.com

Peachtree Doors (888) 888-3814
www.peachtreedoor.com

Pella (800) 547-3552
www.pella.com

Perma-Door/Taylor (800) 248-3600
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Veggie Macaroni Salad

- 2 cups uncooked elbow macaroni
- 1 large tomato, seeded and chopped
- 1 cup frozen peas, thawed
- ½ cup shredded reduced-fat cheddar cheese
- ½ cup chopped celery
- 1 hard-cooked egg, chopped
- 2 green onions, sliced

Dressing

- ¾ cup reduced-fat mayonnaise
- 1 cup fat-free plain yogurt
- 2 tablespoons sugar
- 1 tablespoon prepared mustard
- ⅛ teaspoon celery seed

Cook macaroni according to package direction; drain and rinse in cold water. Meanwhile, in a large bowl, combine the macaroni, tomato, peas, cheese, celery, egg and onions.

In a small bowl, combine the dressing ingredients. Pour over macaroni mixture and toss to coat. Refrigerate until serving.

Yield: 10 servings

Lime Cooler Bars

- 2½ cups all-purpose flour, divided
- ½ cup confectioners' sugar
- ¾ cup cold butter, cubed
- 4 eggs
- 2 cups sugar
- ½ cup lime juice
- ½ teaspoon grated lime peel
- ½ teaspoon baking powder
- Additional confectioners' sugar

In a large bowl, combine 2 cups flour and confectioners' sugar; cut in butter until mixture resembles coarse crumbs. Pat into a greased 13-by-9-by-2-inch baking pan. Bake at 350 degrees for 20 minutes or until lightly browned.

In a large bowl, whisk the eggs, sugar, lime juice and peel until frothy. Combine the baking powder with remaining flour; whisk in egg mixture. Pour over crust.

Bake for 20–25 minutes or until light golden brown. Cool on wire rack. Dust with confectioners' sugar. Cut into squares.

Yield: 3 dozen

Winning reader recipe

Pineapple/Marshmallow Sheet Cake

- 2 cups miniature marshmallows (or enough to cover bottom of dish)
- 1 box yellow cake mix
- 4 eggs
- ½ cup margarine (room temperature)
- 1 cup milk
- 1 large can crushed pineapple with juice

Butter a 9-by-12-by-2-inch casserole dish and line with miniature marshmallows. Mix cake mix with 4 eggs, margarine and milk. Pour this mixture over marshmallows. Spread pineapple with juice over cake mix and bake at 350 degrees for 45 minutes or until cake is done.

Debra Brown, a member of Wake Electric, will receive $25 for submitting this recipe.

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Include your name, address, phone number (if we have questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com

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Marinated Tomato Salad

- 5 to 6 medium fresh tomatoes, sliced
- ¼ pound fresh mushrooms, sliced
- ¾ cup vegetable oil
- ¼ cup red wine vinegar
- 3 garlic cloves, minced
- 1 tablespoon minced fresh parsley
- ½ teaspoon salt

In a large shallow dish, layer the tomatoes and mushrooms. In a bowl, whisk the oil, vinegar, garlic, parsley and salt. Pour over vegetables. Cover and refrigerate for at least 4 hours, turning occasionally.

Yield: 8 servings

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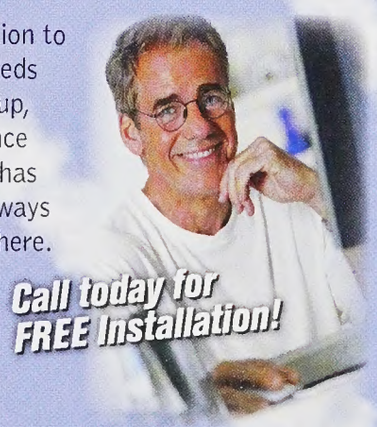

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Sample Monthly Rates per 1,000*

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